
AUSTRALIAN
NaturalHealth
BEAUTIFUL ABODE
HOW TO FENG SHUI YOUR HOME
TOP 11 MUST-DO NATURE WALKS
CLEAR SKIN SECRETS
EAT YOUR WAY TO A FLAWLESS COMPLEXION
IMPULSE BITES
ARE YOUR EMOTIONS MAKING YOU HUNGRY?
+
• NATURAL KILO CLEANSE
• DEEP SEA BEAUTY
• ORGANIC GARDENING
• LUST-HAVES FOR HIM
• DIY BODY BUTTERS
Steph Prem
Goal setting & healthy self-empowerment
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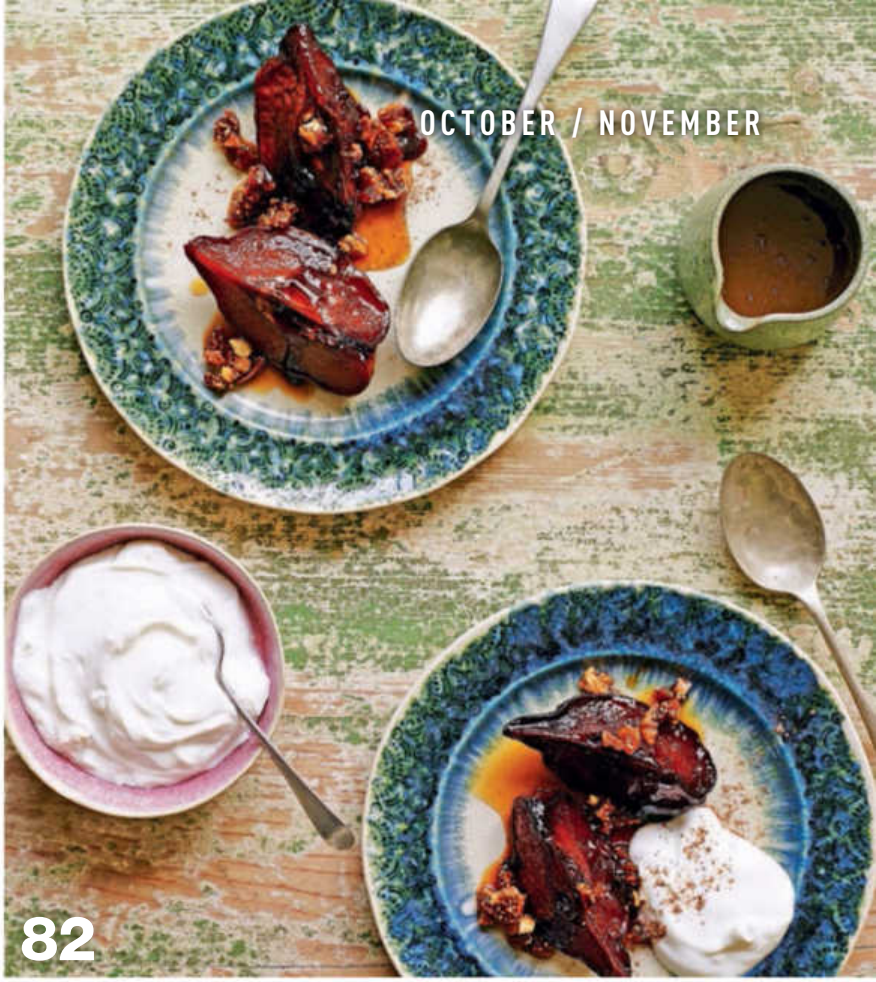
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In-Site

When you see this In-Site logo in the magazine, select the *Australian Natural Health* magazine channel in the App from the channel list, hold your phone over the page and watch content come to life! Details page 93.

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## WHAT'S ON

**UTOPIA WOMEN'S WELLNESS: September 26, (Melbourne), November 7 (Brisbane), November 14 (Sydney)**
Utopia Women's Wellness is an exclusive, one-day event focusing on holistic wellness, with a goal to educate, inspire and empower. Utopia gives you the chance to take your life, happiness and health into your own hands. Get expert knowledge from speakers such as Lisa Messenger, Lola Berry, Tara Bliss and David Gillespie, mix with like-minded people, speak with industry leaders and ask those specific questions you have always wanted to know the answers to. All in one fun and exciting day!
*utopiawomenswellness.com*

**MIND BODY SPIRIT FESTIVAL: October 22–25 (Sydney)**
Enjoy an exciting, fun-filled day at Australia's largest health, wellbeing and natural therapies show. Learn from over 200 exhibitors, attend free inspirational seminars, book yourself a psychic reading, try some body pampering, watch the free stage performances, join a free meditation session and taste some delicious health foods! Indulge yourself; see, try and buy unique products and gifts from more than 150 pop-up shops selling jewellery, cosmetics, music, books, giftware, clothing, crystals, educational courses, body treatments and more!
*mbsfestival.com.au*

**YOGAFEST: October 3–4 (Brisbane)**
Over two days and five yoga halls, YogaFest 2015 will bring together yogis from across the country to celebrate their mutual love of yoga, dance and music. There will be workshops, indoor and outdoor market stalls, and an array of healthy food and drinks.
*yogafest.com.au*

# In this issue...

Have you ever met someone who makes you really stop and think about how you're living your life? Someone whose trail is littered with seemingly insurmountable obstacles, but who, instead of giving up, fiercely blazes a new one?

Introducing Steph Prem, the former Aussie snowboard champion who broke her back, suffered career-ending injuries and now, five years later, is the inspirational pin-up for health and wellbeing, motivating women everywhere to love, honour, cherish and – perhaps most importantly – move their bodies. Not only has she made a full recovery and is happier and healthier than ever, she is the passionate and motivated mastermind behind one of Melbourne's newest wellness ventures: Studio PP, a light and bright boutique with a focus on gentle movement, functional fitness and premium performance. You'll find her story of courage, commitment and determination on page 24.

In the spirit of honouring and cherishing ourselves, we also chat to *The Beauty Detox Power* author Kimberly Snyder, who debunks the idea that thinness equates to happiness (check that out from page 24), and our resident yogi, Emma Palmer, explains the beauty of a yoga reboot (page 68).

This special spring issue of *ANH* is all about giving you the tools to start afresh this season. From showing you how to feng shui your home (page 34) to helping you get your glow back (page 62), we've got all your spring essentials covered.

We also share the latest beauty must-haves for her (page 52) and a selection of stylish lust-haves for him (page 16), and help you understand, and even reverse, the symptoms of autoimmunity (page 38).

As always, you'll find a bunch of deliciously healthy recipes, travel inspiration (hello, lovely Lima) and health advice from our suite of experts.

We hope you enjoy it.

Love, light & happiness,

tianna

*Editor, Australian Natural Health*



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# Win An epic PSA sampler pack

To celebrate this spring reboot edition of *Australian Natural Health*, and to help you on your path to becoming your happiest and healthiest selves, we have teamed up with Protein Supplies Australia to give you a chance to win one of ten PSA Epic Sampler Packs, valued at $55.45.

Each pack contains a PSA Multi-compartment Shaker, as well as samples of some of their most popular flavours, such as WPI Strawberry & Acai, BioPro Vanilla & Cinnamon, Spark Strawberry & Passionfruit and Spark Pineapple & Coconut.

***TO ENTER***, simply email your name, address and telephone number to tianna@blitzmag.com.au and name at least one product from the PSA Epic Sampler Pack you would like to try, and why.

Competition closes September 28.

***FOR FULL DETAILS*** and to view the terms and conditions, visit *naturalhealthmag.com.au/competition*

And don't forget to like the *Australian Natural Health* Facebook page (details above).

For more information about Protein Supplies Australia visit *proteinsuppliesaustralia.com.au*



## CONTRIBUTORS



Naturopath, nutritionist, author and TV personality Janella Purcell works with people with all manner of health issues to help them achieve optimum health, naturally. She is a fountain of knowledge for our readers.

*janellapurcell.com*



Lisa O'Neill is a health and lifestyle journalist, triathlete and mum who is passionate about fitness, nutrition and mental wellbeing. Chasing after a busy two-year-old has added new meaning to a balanced lifestyle and has opened her eyes to the beauty of everyday moments.



David Goding has worked as a health and lifestyle journalist for more than 10 years, writing for magazines and newspapers across the country and is a regular contributor for *ANH*.



Sally O'Neil is a writer, population health specialist and self-confessed fitness and food junkie. Otherwise known as The Fit Foodie, she is on a mission to prove healthy and nutritious doesn't have to be boring – and that even while staying in shape, you can have your cake and eat it too.

*the-fit-foodie.com*



Shannon Dunn is a wellness writer, eco beauty editor and holistic healer specialising in EFT, Reiki and Psych-K. A journalist for two decades, she has worked for some of the world's leading media companies in Australia, New Zealand and the United States. She now lives in Auckland, New Zealand, where she runs her Australasian editorial and conscious media relations company, Communeco.

*ecobeautyeditor.com*



Kemi Nekvapil has been in the wellbeing space for more than 20 years and is a leading authority on all things raw beauty. She is passionate about supporting women to be kinder to themselves and each other, and provides coaching, retreats and events to help them learn how to nourish themselves, and their lives, without guilt or apology.

*keminekvapil.com*



Nat Kringoudis is a doctor in Chinese medicine, acupuncturist, author, speaker and all-round natural fertility expert. She's also the founder of Melbourne women's health clinic The Pagoda Tree, and producer of HealthTalks TV. Her mission is to educate and empower women to take control of their hormone health.

*natkringoudis.com.au*





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**EDITORIAL**
**EXECUTIVE EDITOR** Alina Morelli
**ASSOCIATE EDITOR** Tianna Nadalin
*tianna@blitzmag.com.au*

**EDITORIAL ASSISTANTS** Madeline Lakos, Molly Morelli
**MANAGING EDITOR** Ben Stone
**CONTRIBUTING WRITERS**
David Goding, Shannon Dunn, Tara Thorne, Christina Bulbrook, Jennifer Kang, Lisa O'Neill, Sally O'Neil, Kemi Nekvapil, Natalie Kringoudis, Mel Ryan, Miranda Luby Tatyana Leonov, Kate Toholka, Alison Mitchell, Janella Purcell, Elena Iacovou

**ART**
**ART DIRECTOR** Javie D'Souza
**GRAPHIC DESIGNERS**
James Steer, Adam Summers, Zeenia Bhikha, Jonathan Rudolph, Adibowo Rusli, Lysha Moniz, Diep Nguyen

**DIGITAL & ONLINE**
**HEAD OF DIGITAL STRATEGY** Alison Adey
**SENIOR WEB DEVELOPER** David Ding
**APP MANAGER/MARKETING** Karl Nemsow
**WEB DESIGNER** Amanda Oliver
**VIDEO EDITOR** Justin Oleyar
**ONLINE CONTENT PRODUCER** Zach Broadhurst

**PHOTOGRAPHERS**
**COVER** Manuel Bauer
**PHOTOGRAPHY** Thinkstock

**ADVERTISING SALES**
**NATIONAL ADVERTISING MANAGER** Natalie Grosso
Email: *natalie@blitzmag.com.au*
**GROUP MANAGER – NATIONAL ADVERTISING** Keith Rozario
**SALES CO-ORDINATOR** Elizabeth Forrester

**MARKETING**
**MARKETING & EVENTS MANAGER** Linda Higgins
Email: *linda@blitzmag.com.au*

BLITZ PUBLICATIONS & MULTI-MEDIA GROUP PTY. LTD.

**CHIEF EXECUTIVE OFFICER** Silvio Morelli
**GENERAL MANAGER** Natalina Burley
**CHIEF FINANCIAL OFFICER** Stefanie Morelli

**ADMINISTRATION & CUSTOMER SERVICE**
**FINANCE** Min You
**SUBSCRIPTIONS MANAGER** Angelina Modica
**CUSTOMER SERVICE** Frances Ricchetti, Robyn Newman
Email: *customerservice@blitzmag.com.au*
Phone: (03) 9574 8999 Fax: (03) 9574 8899
PO Box 4075, Mulgrave, 3170
Web: *www.naturalhealthmag.com.au*

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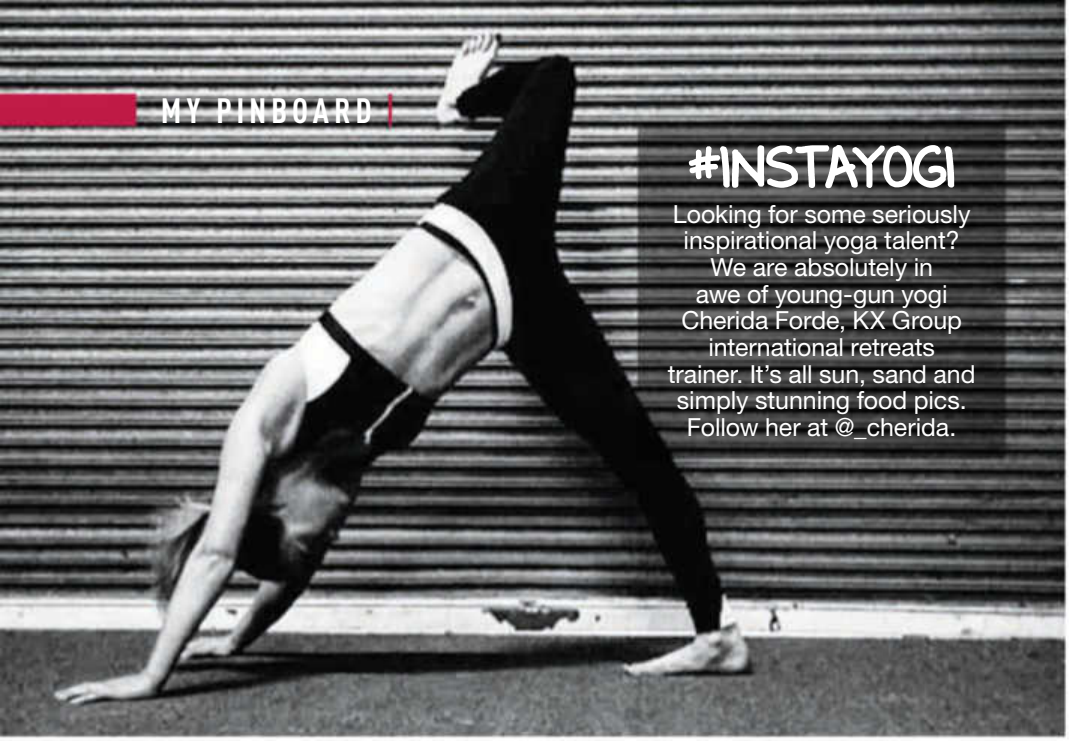
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## #INSTAYOGI

Looking for some seriously inspirational yoga talent? We are absolutely in awe of young-gun yogi Cherida Forde, KX Group international retreats trainer. It's all sun, sand and simply stunning food pics. Follow her at @_cherida.

## READER LOVE

**"Just got off the plane and I see this! I'm on the cover of @naturalhealth_mag and so excited about it!"** – *Jessica Sepel (@jshealth) – via Instagram*

**"A big congrats to the gorgeous @jshealth. How inspiring to see this sitting in front of me at my local newsagent."** – *Laura Mitchell (@lkmhealth83) – via Instragram*

**"Love the magazine so many gorgeous stories, and information."** *Heavenly Curves – via Facebook.*

## MIND FOOD



Practising your downward dog might be improving more than just your yoga form. According to a new study from researchers at the Perelman School of Medicine at the University of Pennsylvania, physical activities such as walking, aerobics, biking, gardening and yoga are associated with better sleep habits compared to no activity. The study also showed that activities such as running a household and taking care of children were associated with poorer sleep habits.

## GEARED UP

Get your bliss on in beautiful style with this Leopard Lust Cami by L'urv apparel. Made from high-quality, moisture-wicking, performance fabric, it is designed to give you a sleek silhouette, improved circulation and structural support. $79, *lurv.com.au*



## LUXE BITE

**Get ready to pop and roll with these pre-made protein mixes by The Fit Foodie. They come in a variety of flavours, but we are digging the moreish Cookie Dough delights, a delicious blend of natural almond meal, vanilla pea protein, cashews, oats and organic cacao nibs. $14.50, *fit-mixes.com***



## THE FEED



**Wellness is the new black, which means these days there are an abundance of businesses, backers and believers inspiring us to become the happiest and healthiest versions of ourselves. One of the latest trends is wellness travel and there is a growing number of businesses ready to help you plan your perfect healthy escape. Some of our faves include *spawellnesstravel.com.au*, *healthandfitnesstravel.com.au* and *wellnesstravelglobal.com*. Happy holidays!**

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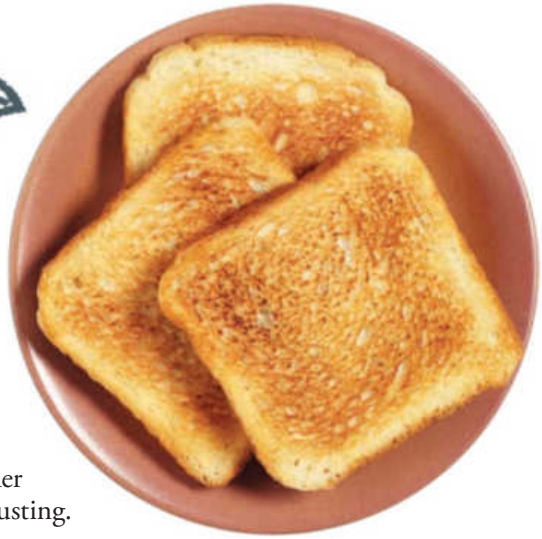

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# BREAD LOCK



Have you noticed your hair becoming dry or brittle, or feel like you're losing more than normal? Dull, breakage-prone hair and thinning could all be signs of gluten intolerance. So before you lather on the conditioner, make an appointment with your local GP to check whether it's your diet that might need readjusting.

# OLIVE REMEDY

We've all heard about the benefits of olive oil and olive leaf extract, but now there's another reason to eat olives. Squalene, a natural emollient and built-in moisturiser found in the skin, is the skin's principle lipid, but as we age, we stop naturally producing this important antioxidant, which leads to fine lines, wrinkles and premature ageing. Thankfully, Mother Nature has come to the rescue in the form of olive squalene, which has the same molecular structure. This bio-compatibility promotes absorption and allows it to penetrate the skin's deepest layers to leave skin feeling soft, smooth and supple. **We love Botani's Olive Skin Serum, $31.95, botani.com.au**




# HAIR ACHE

Ingrown hairs, we've all had 'em. Also known as razor bumps, these pimple-like pustules are a common skin condition and have caused legs to be hidden beneath stockings for far too long. Well, we have a few home remedies to help you get your pins back to spot-free perfection. Whatever you do, trying to coax the hair out of the 'bump' by picking, poking or pulling should be avoided, as this can potentially introduce new bacteria into the follicle and worsen the problem. For seriously stubborn or infected ingrowns, see a dermatologist.

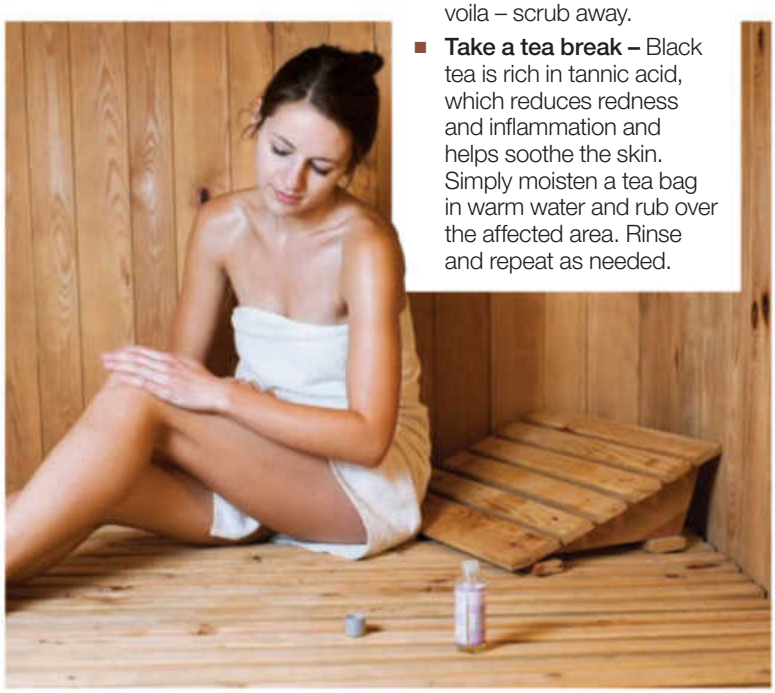
## HOW TO TREAT IT:

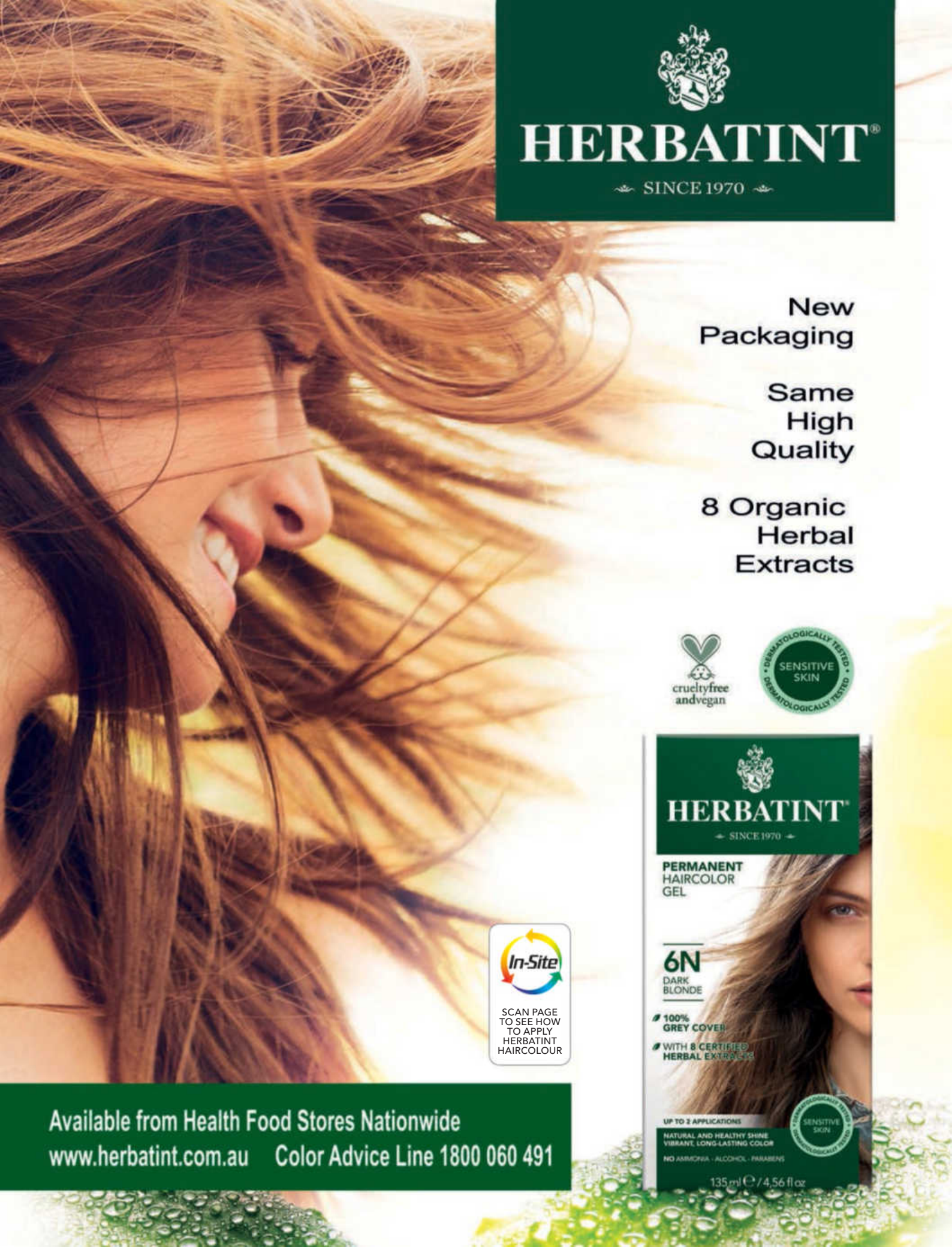
- **Moisturise and exfoliate regularly –** this can help to remove dead skin and hairs that may clog hair follicles, as well as promote growth in the right direction.
- **Use sugar –** the sweet stuff gently exfoliates and removes dead cells, and will also leave your skin feeling silky and smooth. Mix a cup of white sugar with half a cup of jojoba oil or coconut oil. Add in 5 to 10 drops of tea tree oil and lavender et voila – scrub away.
- **Take a tea break –** Black tea is rich in tannic acid, which reduces redness and inflammation and helps soothe the skin. Simply moisten a tea bag in warm water and rub over the affected area. Rinse and repeat as needed.

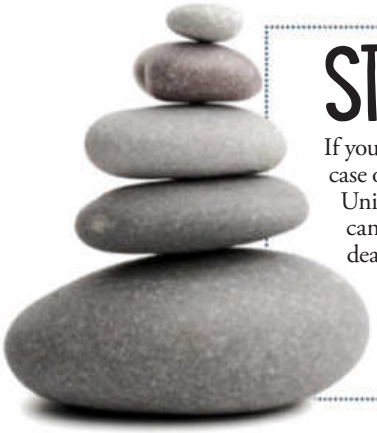
# GORGEOUSLY GREEN



**Forget helping you grow up to be big and strong. Perhaps an even better reason to get your daily dose of dark, leafy greens – such as kale or spinach – is that they can promote gorgeous, glowing skin. The nutrition powerhouses are a great source of beta carotene, a powerful antioxidant that helps repair and renew your skin to give it a youthful glow. They also contain folate, a vital nutrient for DNA repair.**




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## STRESS FACTOR

If you're struggling to lose weight, it could be a case of matter over mind. Researchers from the University of Florida have found that body fat can send signals that affect the way the brain deals with stress and metabolism. When you're stressed, you tend to eat more and if you have excess fat, it may impair the body's ability to signal to the brain to shut off the stress response. Talk about a vicious cycle.

## CREATIVE CLASS

**Want to boost your creativity? New research from Concordia University in the US says maybe you need to switch up your society. The study, recently published in the *Journal of Business Research*, suggests that creativity is tied to culture, with results finding that people from individualistic societies generated more ideas than those from collectivist societies.**



## BRAIN BOOST

**Meditation can promote creative thinking even if you have never meditated before according to new research. The study, published in the journal *Mindfulness*, proves you don't have to be an experienced yogi to benefit from stilling the mind. The findings showed open monitoring meditation (being receptive to every thought and sensation) best promoted divergent thinking, an effect that was not perceived with focussed attention meditation.**



## 11 MILLION

**The number of teeth that develop decay every year in Australia**

Tooth decay is Australia's most common health problem and the second most costly diet-related disease according to statistics from the Australian Dental Association 2012. But cavities can be prevented. Most tooth decay is caused by a build-up of bacteria, fungi and plaque between teeth. But if you're not fussed for flossing, interdental brushes might become your new best friend. Like soft bottle brushes, they get in between teeth to remove bacteria and build-up that cause halitosis, tooth decay and gum inflammation, which can lead to bleeding, infection and other common health issues. Try TePe Interdental Brushes, $8.95, from *oralcare4u.com.au*



## TREE TOP

Climbing a tree and balancing on a beam can dramatically improve cognitive skills according to a study recently conducted by researchers in the Department of Psychology at the University of North Florida.

The study, led by doctors Ross Alloway, a research associate, and Tracy Alloway, an associate professor, is the first to show that proprioceptively dynamic activities, like climbing a tree, done over a short period of time have dramatic working memory benefits. Working memory, the active processing of information, is linked to performance in a wide variety of contexts from grades to sports.

The results of this research, recently published in *Perceptual and Motor Skills*, suggest that working memory improvements can be made in just a couple of hours of these physical exercises.




# Slim & Tone plan

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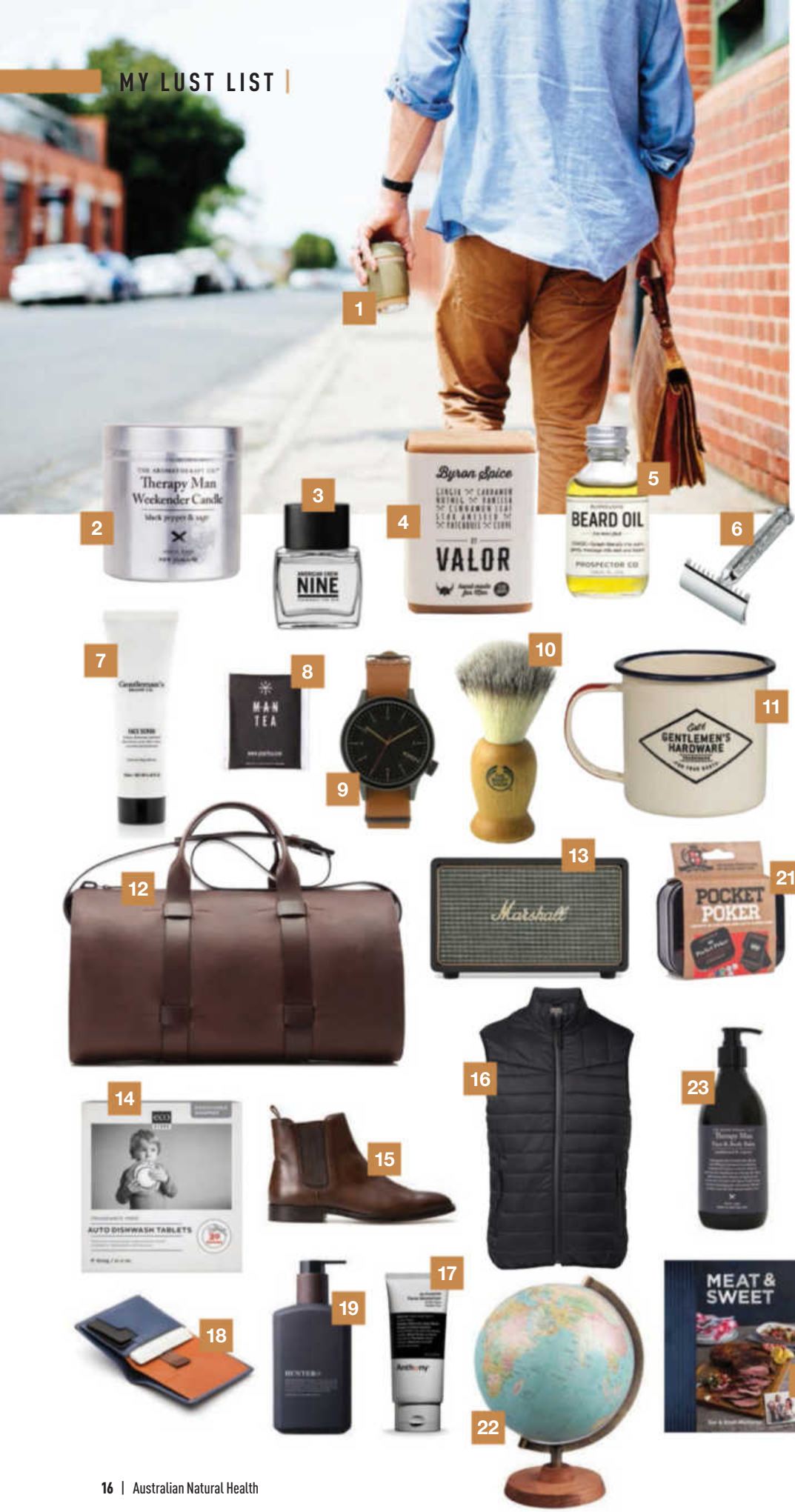
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# lust list
## for him

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2. The Aromatherapy Co. Therapy Man Weekender Candle, **$24.95, *thearomatherapycompany.co.nz***
3. American Crew Nine Fragrance for Men, **$35.95, *amazon.com***
4. Byron Spice Olive Oil and Body Soap 100g, **$13, *shavewithvalor.com***
5. Burroughs Beard Oil, **$28, *prospectorco.com***
6. Merkur Solingen 1904 Razor: Open Comb, **$39.95, *mensbiz.com.au***
7. Gentleman's Brand Co Face Scrub, **$26, *gentlemansbrand.co***
8. Man Tea, **$55 (box), *aus.yourtea.com***
9. Komono Watch Magnus Black Cognac, **$119.95, *theiconic.com.au***
10. Men's Synthetic Shaving Brush, **$14.95, *thebodyshop.com.au***
11. Gentlemen's Hardware Enamel Mug, **$20, *petersofkensington.com.au***
12. Troubador Day Bag, **$2025, *huntleather.com.au***
13. Marshall Stanmore Black Speaker, **$499, *marshallheadphones.com***
14. EcoStore Auto Dishwash Tablets, **$14.99, *ecostore.com.au***
15. Garrett Gusset Boot, **$229, *countryroad.com.au***
16. Midway Sleeveless Puffa, **$149.95, *witchery.com.au***
17. Anthony Men's All Purpose Facial Moisturiser, **$55, *ry.com.au***
18. Bellroy Note Sleeve Wallet, **$89.95, *bellroy.com***
19. Hunter Hand & Body Wash, **$38, *hunterlab.com.au***
20. *Meat & Sweet* Cookbook by Dan and Steph Mulheron, **$50, *danandsteph.com.au***
21. Pocket Poker Travel Set, **$19.95, *manbase.com.au***
22. Typo Round The World Globe, Large, **$49.95, *cottonon.com/au***
23. The Aromatherapy Co. Therapy Man Face & Body Balm, **$19.95, *thearomatherapycompany.co.nz*** NH

real good food

# new organic **berry snack tubs**

At Real Good Food, ingredients are sourced from around the globe and are minimally processed in order to preserve their original flavour, nutrition and valuable oils.

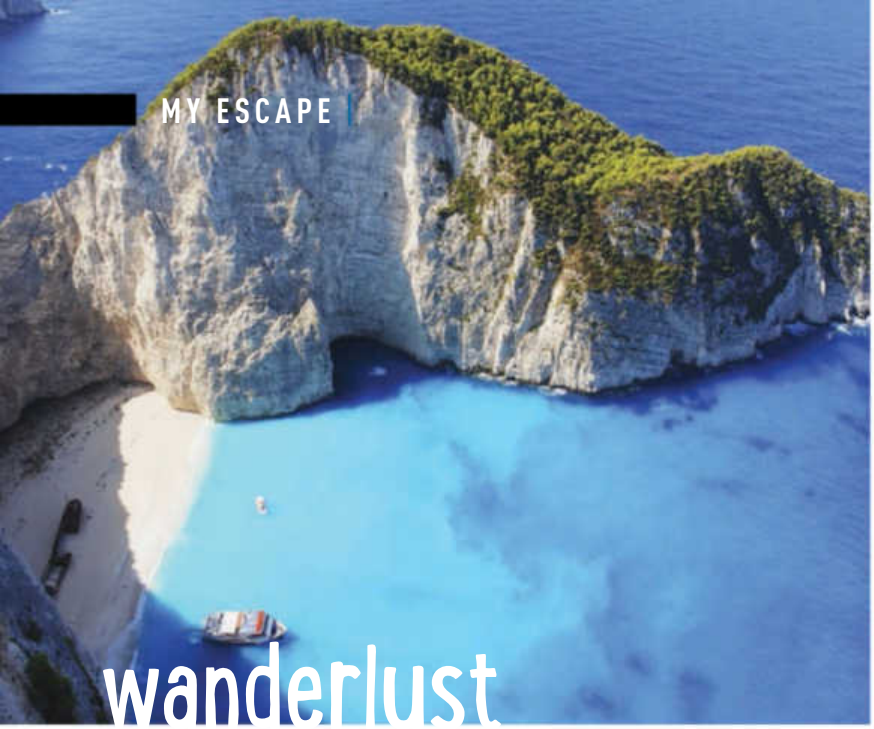
The new Real Good Food organic dried berry range are high in antioxidants and a great healthy snack that comes in a neat resealable BPA free container. They can be eaten on their own, added to muesli, yoghurt, salads and are a great lunchbox snack.

## Key to Good Health

- organic
- dairy free
- GF gluten free
- vegan
- GMO non GMO
- BPA free




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# wanderlust

**If paradise were a place on earth, it would have to be somewhere in the crystal-blue waters of Navagio Beach. Sometimes referred to as Smugglers Cove, this stunning azure sanctuary is found on the coast of Zakynthos in the Ionian Islands of Greece. *#wanderlust #takemethere***

## GEARED UP

Get your hot wheels on with a vintage three-speed Chappelli bicycle. With classic design features including gum-wall road slicks, box rims, vintage crank and curved fork chrome accents as well as a choice of four pop tones – gloss black, metallic blue, light metallic green and champagne gold – you can pedal some seriously stylish metal. $649, *chappelli.com/au*



## MENTAL BREAK

Sit down, relax and escape to the pages of this stunning new food- and travel-inspired recipe collection from *New York Times* bestselling author Heidi Swanson. *Near & Far* (RRP $39.95, Hardie Grant Books) is all about places, people and flavour and features more than 120 beautifully styled and photographed vegetarian dishes. Visit *hardiegreant.com.au*




## SPIRITUAL VACAY



Escape to Tasmania's stunning seaside with an indulgent stay at Thalia Haven, on the wild and woolly Freycinet Peninsula. Be spellbound by the moon rising over the bay, prepare a gourmet extravaganza in your professionally equipped kitchen, relax by a roaring fire or soak in the freestanding outdoor tub. With energy provided only by the sun and wind, Thalia is off the grid, off the beaten track and off-the-hizzle amazing (translation: this place is crazy cool). Visit: *thaliahaven.com.au*

## HOT SHOT

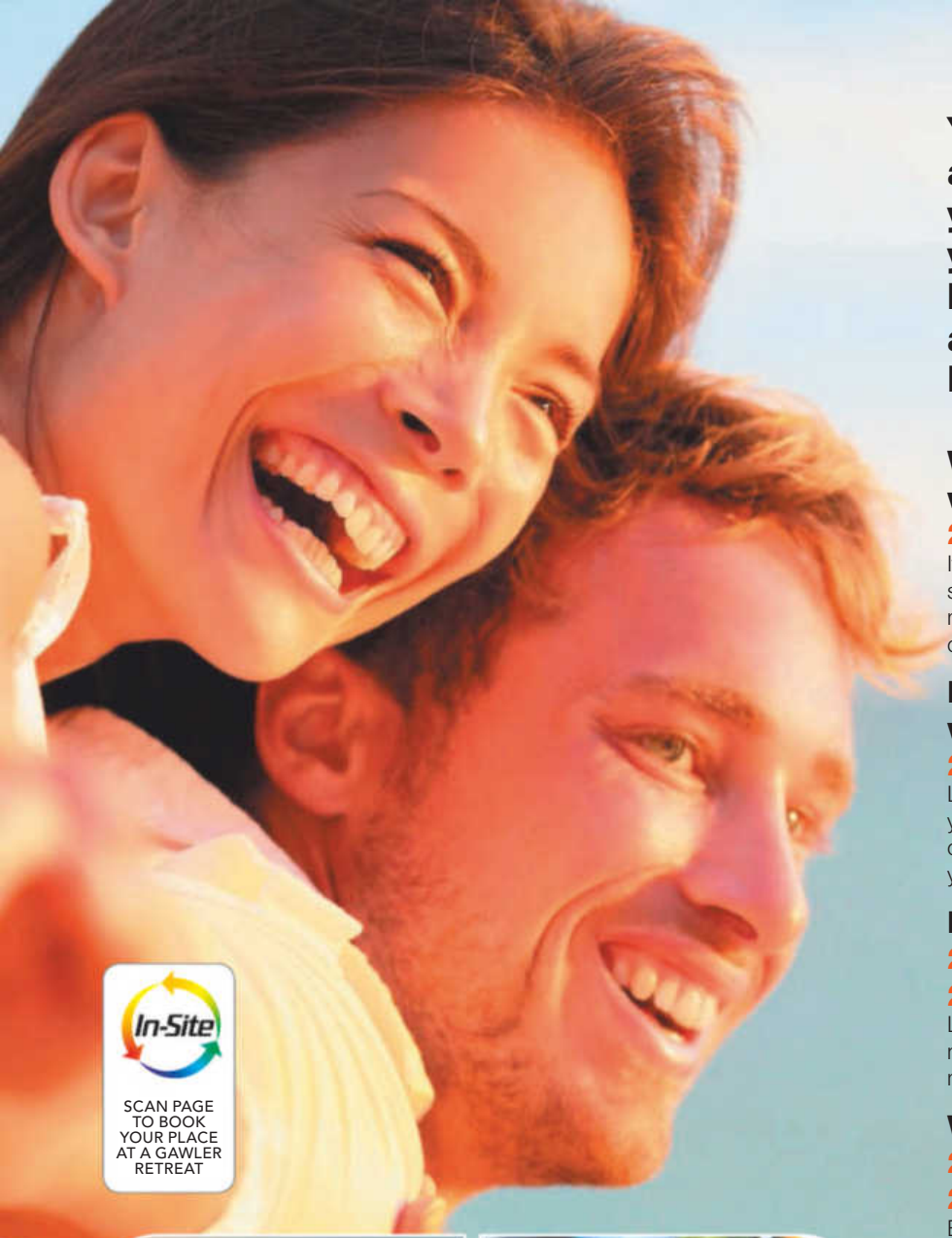
We have a serious case of travel envy over @_gracek's amazing NYC escape. Rooftop pool overlooking the Manhattan skyline, anyone?



## ECO LUXE

Fancy a country escape in the heart of the city? Then look no further than St Jerome's Hotel. The urban campsite will be popping up for a limited time only on the Melbourne Central rooftop, in the heart of Melbourne's stunning CBD. Next stop, Hobart. Visit *stjeromesthehotel.com.au*





**You have the power to bring about profound change in your life; your state of mind, your relationships and your health. Our wellbeing retreats are the ideal opportunity to learn how.**

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**2015: 18-20 Sept**

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### Midlife Matters with Dr Robyn Willis-Vickers
**2015: 21-25 Sept**

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### Eat Well : Live Well
**2015: 9-11 Oct**
**2016: 12-14 Feb**

Learn to mindfully source and prepare delicious, nutritious plant-based wholefoods and explore mindfulness meditation for health and healing.

### Weekend Meditation
**2015: 30 Oct-1 Nov**
**2016: 22-24 Jan**

Experience deep relaxation and develop a simple yet profound meditation practice for long-term stress management support.

### Living in Balance
**2015: 19-23 Oct**
**2016: 4-8 Apr**

Let go of old habits that no longer serve you and create more balance in your lifestyle, your mind, emotions and spirit.

### Set Your Compass
**2016: 15-17 Jan**

Enjoy the time and the space to review your life, passions, roles and values, and set new directions for the year ahead. Explore your unique purpose in life.

In-Site

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www.gawler.org




# My gluten-free pantry

1. 27/7 White Chocolate and Raspberry Truffle High Protein Bar, **$2.75, *247life.com.au***
2. Vivo Alkaline Complete Protein in Berrylicious, **$79, *vivoactive.com.au***
3. Carman's Gourmet Protein Bars in Dark Choc & Cranberry, **$5.50, *carmanskitchen.com.au***
4. The Australian Superfood Co Wattleseed Husk, Cacao Raw Bar, **$4.50, *austsuperfoods.com.au***
5. Cholula Hot Sauce, **$4.99, *woolworths.com.au***
6. Daintree Estates Dark Chocolate Pink Lake Salt, **$6, *daintreeestates.com***
7. Cicada Caramelised White Chocolate Bar, **$7.95, *cicadachocolate.com***
8. Cobs Dark Chocolate Caramel Popcorn, **$8.59, *cobspopcorn.com.au***
9. Kitz Living Foods Simply Delicious Granola, **$11.60, *kitzlivingfoods.com.au***
10. Coconut Magic Organic Coconut Vinegar, **$11.99, *coconutmagic.com***
11. Kombucha Wonder Drink Asian Pear & Ginger, **$6.55, *aussiehealthproducts.com.au***
12. Koco Salted Caramel Hot Chocolate, **$11.99, *koco.net.au***
13. Mayver's Black Tahini, **$7, *vitaminshoponline.com.au***
14. Byron Bay Macadamia Muesli Gluten Free Fruit & Nut, **$11.95, *farmhousedirect.com.au***
15. Thomas Chipman Beetroot Chips, **$6.09, *kadac.com.au***
16. Pepe Saya Mascarpone, **$8, *butlerandbentley.com.au*** NH

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- CERTIFIED ORGANIC
- NON GMO
- GF GLUTEN FREE
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Lotus Royal Organic White and Red Quinoa is the largest, most nutritious quinoa seed and has one of the highest protein contents of any seed. Sourced from Bolivia, it is grown 3,900m above sea level, resulting in the product being a larger, fluffier seed, free from pesticides and foreign seeds. Use in a salad, stir fry or as a substitute in rice and couscous dishes.

**Lotus is "simply what it says it is"**

## Tuna Quinoa Salad

**Serves 5**

**Ingredients:**

- 1/2 cup uncooked Lotus Organic Royal White Quinoa
- 1/2 cup uncooked Lotus Organic Royal Red Quinoa
- 2 cups water
- 3 cans of Wild Planet Albacore Tuna
- 1 jar of Global Organics Pesto Rosso
- 1 tbsp flat leaf parsley
- 1 cup of frozen peas
- 100g semi dried tomatoes
- Handful of basil leaf
- Fresh cracked black pepper, to taste

**Method:**

Combine the quinoa, water and salt in a medium saucepan. Bring the water to a boil, then reduce a simmer and cover for 15 minutes.

Remove from the heat, keeping the pan covered and let it stand for 5 minutes, or until the remaining water is absorbed. Remove the lid and gently fluff the quinoa

In a large pan with medium heat, toss together the quinoa, pesto, frozen peas and the tuna for few minutes, then mix the rest of the ingredients. Season with salt and black pepper, to taste.

Serve warm, room temperature or chilled.

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Power Player:

# Kimberly Snyder and the beauty detox revolution

**She's a New York Times best-selling author, sought-after nutritionist and yogi to the stars, but Kimberly Snyder has also become a famous face in her own right. As author of *The Beauty Detox* book series, she has inspired thousands worldwide, helping them transform their diets and ideas about what constitutes a healthy lifestyle. She chats to SHANNON DUNN about her new book, beauty and finding balance through yoga.**

**What is your book about and what do you hope it will do for those who read it?**

*The Beauty Detox Power* is a new way to think about the role of food in our overall wellbeing. Until now, we've been conditioned to think of food as the primary factor in our weight and health. It shows you all the factors at play; how aligning your thoughts, words, actions (such as what you eat) and core beliefs (such as the belief that it is hard to lose weight and keep it off) is the key to success in looking and feeling the way you want.

**A lot of people think being thin equates to happiness. Do you agree with that?**

That is NOT true. I've always raised the question – what good is it to be a size four if you are miserable? I believe that many people are disconnected from their source of power, which is where their happiness lies, so they project their inability to be happy onto their bodies. In my definition, true power comes from within. When you are truly powerful, you are able to exceed perceived limitations in all areas of your life, including in how you look and feel, your weight, health, energy and beauty.

**What beliefs did you find you needed to change yourself during your journey and how did you specifically do it?**

I became increasingly aware that I was bound up in ego. I often acted from a place of caring about what others would think about me versus what authentically served me, or what I felt. For instance, I would often go with the flow, drinking too much or going



LENKA DRSTAKOVA

out even when I didn't feel like it, all because I wanted to fit in. It all stemmed from thinking I wasn't good enough just being me.

Affirmations, when practised properly and with concentration, can help change deep-rooted thought patterns that may be hindering your success. If your thoughts and beliefs are not aligned with your actions and words, then you will not be able to reach your full potential.

### There's quite a bit of talk about orthorexia nervosa, a disorder that surfaces as controlled, extreme healthy eating. What's your insight with this?

Health should be our natural state, and feel freeing rather than controlling. If you take one whole macronutrient out of the mix (like carbs), then your alignment gets off. One brain (your mind) tells you what to eat, and then the other brain (your gut) tells you what to actually do with it.

Your mind creates stress, and stress can actually adversely affect your digestion, the shape of your body and your weight. Digestion is not just about what you ate (though that is important), but also your emotions. The role of the mind in cravings and our efficiency in digestion are very much as impactful as the foods themselves. I think if people look at diet and health more holistically, they will be able to ease their obsessive tendencies and realise that health is really a total mind-body-spirit state that can be achieved with far more ease than they might have ever imagined (thank goodness!).

### Why is yoga important?

Yoga is infinitely more than just a form of exercise. Though many associate *asanas* (poses) with yoga, in reality they are actually only a very tiny part of what yoga truly is. Regularly and properly practised, yoga creates balance, a connection with the greater whole, and a deep peace. It's really not about how 'hard' the poses that you can put your body in are, but rather your deepening level of consciousness, breath, awareness, and feeling less reactive off the mat. Your yoga practice can awaken consciousness in your entire life. How you move your body does have an effect on your mind, and a yoga practice can ease rigidity and help you feel more balanced and creative.

### Are there certain postures you rely on regularly?

I love Virabhadrasana II, or Warrior II, which makes me feel really strong and grounded. But I do all self-practice these days, and I love the flexibility and authenticity of a home practice. I love going into lots of inversions when I feel like I have a lot of energy to work out, and some days (like today, actually) I incorporate only long forward folds and hip openers in my practice, staying close to the ground and my mat, when I need to chill out and go inwards.

### What's the most common beauty, health and diet advice you're asked and what's your answer?

I would have to say, most people ask me – If I can just commit to doing one thing, what should that be? And my answer is always the same, and it's to incorporate my Glowing Green Smoothie (find the recipe at *kimberleysnyder.com*) into your every day. Not only is it chockfull of beauty nutrients, including vitamins, minerals, enzymes, fibre and so much more, but it puts you in the right mental state of mind of having done something good for yourself and putting you on track to make good choices for the rest of the day. It's the best natural foods grown in the bounty of nature, and connecting with the greater whole of nature in which we are part will leave you feeling amazing, and your energy will soar.

### What's next for you?

So much! I just launched (July 2015) my first yoga DVD, which I'm thrilled about. I've been wanting to put this out for a while, but the timing wasn't right. Now it feels really authentic and I really poured my heart into it. There are some really creative sequences I offer for beginners and intermediate yogis, as well as a led *pranayama* (breathing) sequence. I'm also collaborating a lot with Deepak Chopra, and we are co-authoring a book together, called *Radical Beauty*, that will be out in 2016. We're shooting a bunch of videos together and also teaching together at a conference. NH

*Shannon Dunn is a journalist and eco beauty editor. Find out more at* ecobeautyeditor.com




# Breaking *the ice*

**After a horrific accident saw her undertake five years of gruelling rehab, champion snowboarder Steph Prem is happier and healthier than ever. And now she's ready to take on the wellness world.**

WORDS: TIANNA NADALIN

Former Olympic snowboarder Steph Prem was already in the air when she realised something wasn't right. The year was 2010 – just six weeks after the Vancouver Winter Olympics – and she was in Italy, pumped to finish the year on a high at the World Cup finals. It was the last day of the season, the last run of the day and Steph was about to make her last jump before the finish line. Little did she know at the time, it would also be her last jump as a professional snowboarder.

"On the take-off I knew I wasn't where I should have been," she recalls. "It was a 60 foot jump and I came up short by about 30 feet; I completely missed the landing.

"I often joke that if you're in the air and have enough time to think about the fact that you're in trouble – you've been in the air too long. And I still remember taking off and thinking, 'I am in a lot of trouble.'"

That small mistake saw Steph land not on her feet, but her back, fracturing her spine, dislocating a hip, breaking five ribs, a few vertebrae, tearing her left hamstring and compressing a few discs. Her physio described it as being like falling out of the first floor of a building onto concrete.

"I'd had a pretty successful career up until that point but that was a hard one to come back from," Steph says. "I just thank my lucky stars that it happened after the Olympics. It took so many years of hard work to realise that dream, so as horrible and as career-ending as the accident was – I was so glad I got to experience that magic."

Fast forward to now and the bright and bubbly Melburnian is the picture of good health. Sitting in her recently opened Prahran studio, Premium Performance (studiopp.com.au), Steph is proud to say she is in the best shape of her life.

"I am the healthiest and fittest I have ever been," she says with excitement. "I prefer how my body looks, feels and operates now to when I was a professional athlete."

Over five years of gruelling rehab, Steph tried everything under the sun to help speed up her recovery. But it wasn't until she was introduced to Pilates that she discovered a whole other side to health and wellness that was about more than slogging it out at the gym for hours every day. It was this realisation that inspired her to start her own business.

"A lot of studios just offer one thing, which is great, but it's sort of telling the client what they need," says Steph, who is clinically trained in Pilates and also a qualified personal trainer.

"We have six or seven different offerings, from reformer and mat Pilates through to yoga, Barrè, boxing, bootcamp, personal training and nutritional consulting. So a client can come here and choose what they need and what they feel like on the day.

"Studio PP is a combination of all the things I love and truly believe in. If everyone did one part Pilates to one part yoga and one part cardio every week, the world would be a better place."

It's this playful approach to health and wellness, at a time when #fitspo and #girlswholift reign supreme, that has seen her unique brand of functional movement go from strength to strength.

"I wanted to create a nurturing and encouraging environment for people to come and be a part of," she says. "There is something so powerful about a group of women training together – we can lift each other up or bring each other down. Studio PP is a refreshing take on health and fitness that isn't intimidating.

"That's what health and fitness should be," Steph smiles. "Women from all walks of life, and of all ages, enjoying each other's company and having a happy, dirty sweat together."

We chat to this inspiring young role model about goal setting, self-empowerment and the importance of never giving up.



*"I often joke that if you're in the air and have enough time to think about the fact that you're in trouble – you've been in the air too long."*

**How did Studio PP start?**
For two years, I was running bootcamps in parks around Melbourne – anywhere from the Tan to Brighton beach to Elwood foreshore. I started because I was injured and trying to find ways to get back into enjoying fitness. I began taking recreational women's fitness groups and word got out pretty quickly. Then after a couple of years dealing with Melbourne's bipolar weather, I decided it was time to put a roof over our heads. I had a pop-up space last year – a beautiful little loft above a men's clothing store on Chapel Street (in Melbourne's trendy inner suburb of Prahran) – but we very quickly outgrew ourselves. And here we are!

**What is your take on the #fitspo trend?**
I find the whole fitspo movement very frightening. There are a lot of negative connotations that come with health and fitness these days, especially as there are so many unqualified 'experts' selling advice and ways of life for the wrong reasons. It's all about the external and the visual instead of performance and health of the body. It goes against what health and wellness is about and, scarily, people are listening and following these diets and exercise programs that are from unqualified people.

**How did you get into snowboarding?**
I started when I was 12 – which is actually quite late. I got into it because my dad took it up in the '80s, when it was the hot topic in sports. I was lucky enough that my parents were mad skiers, so when snowboarding became cool, they were all over it. For my 13th birthday Mum and Dad bought me my first snowboard and, up until that point, I hadn't really enjoyed snow sports. I had a dancing background but something about the balance and agility crossed over really well. I absolutely loved it.

**It must have been really difficult to walk away, then?**
I think that was the biggest part of the challenge for me. I took my body for granted my entire life, so to have that taken away from me – and it not be my own decision – that was probably the hardest part. But I believe things happen for a reason, and as much as it hurts, I wouldn't have the business I have now, helping other people, without my accident. It's a double-edged sword.

**Being a professional athlete comes with a lot of discipline and sacrifice. How hard was it choosing to follow that path?**
I had to make a decision at a young age that that was what I wanted to do. It was a pretty big deal at that age when everyone is still trying to find their way and figure themselves out. I decided to pursue sport. It's definitely a tough road; not just on your body and mind, but also on your family, friendships and life in general. It's a really tough challenge for a 19-year-old mind.

**But it must have been worth it to compete at the Olympics?**
The Olympic Games were incredible – everything I had ever imagined and more. No one can prepare you for what it's like. It's the most overwhelming experience on your senses. It was a challenge to take it all on board but also one of the most exciting events of my life.

> *"I had some very dark days when I would be upset at my body and upset at my injuries and I would get almost angry at myself for not being able to be what I used to be."*

**Did you have a lot of support after your accident?**
It was really tricky for a long time – I wasn't honest enough about how bad the accident was. I guess I didn't want everyone around me to know because I always saw myself returning to sport. For a long time, I thought playing it down would help the recovery process when, actually, all it did was hinder it. But once people had a real understanding of just how bad the accident was, there was a lot of support there, and a lot of the community has come through now – supporting my business and what I'm trying to do here.

**Did you ever have days when you wanted to give up?**
Those times definitely existed. I had some very dark days when I would be very upset at my body and very upset at my injuries and I would get almost angry at myself for not being able to be what I used to be. I had to change my mindset to accept that I was never going back to what I used to be but to be content with doing the best I could with what I had access to now – being the best version of myself. Shock and denial are two very dangerous things that I quite openly talk about. For two years after the accident I tried to get back to professional sport and just ended up pushing back my rehab. But after I made the decision to walk away – that was when it all started to change. From that moment on I wasn't striving to be the best, I was striving to be a human.

**Was there anything that worked particularly well for you?**
I tried everything – from vodka and Valium to interpretive dance, meditation, acupuncture, kinesiology, mindfulness, meditation and sport psychology. When I made that decision that I had to fix myself, I became a lot more open minded in looking at all different ways to heal myself.

**You commentated your event at the Sochi Olympics in 2014. Was that a surreal experience?**
It was great being able to be a really good voice for the Australian public – and being able to explain the hardship and passion that goes into it. I actually commentated my old event and got to call the race for a lot of my old friends who are still competing. Seeing it from that perspective helped me appreciate what I had done a lot more. I always saw being on the sidelines as not enough, but it actually gave me really amazing closure. It's probably part of the reason why this year I have taken such a big step toward my business.

**How have you maintained such a positive outlook?**
I am an all-or-nothing personality, which I think comes from my background of doing such a crazy sport. I suffer from a case of severe, excessive enthusiasm [laughs], so when I didn't have sport to put all that energy into, I knew I had to find something else. I guess it was almost innate. I didn't overthink it and I am not a negative person. I am a sink-or-swim type, so I just jump in and have a crack.

**What was it like getting back out on the slopes?**
A lot of people say, 'It must be nerve racking for you,' but to be honest I was just so excited to be back snowboarding. I guess it's like riding a bike – you never lose that ability. My husband and I joke that I spend 10 months of the year doing rehab just so I can spend one month of the year snowboarding again. The accident definitely hasn't turned me away from snowboarding – in fact, it's made me more hungry to have a life after competitive sport.

**So you're still doing a lot of rehab, then?**
My rehab is ongoing. This year will be my five-year anniversary since the accident and I am still committed to a very strong rehab practice. It took me



# Quick Fire Qs

## with Steph Prem

**Favourite breakfast?**
Chia pudding.

**Favourite Pilates move?**
I swear by a daily spine curl and cat stretch. And I think Pilates toe taps are the most underrated ab exercise.

**Ultimate indulgence?**
Probably deep tissue massages, the occasional cheeky glass of pinot and gravity salt baths – it's like a floating meditation.

**Three words to describe yourself?**
Enthusiastic, energetic, optimistic.

**Who is your biggest inspiration?**
Friends and family, my team, and I have a massive girl crush on Lisa Messenger.

**Where are we likely to find you brunching on a weekend?**
Combi or Tall Timber.

**What are you reading at the moment?**
*Not That Kind of Girl* by Lena Dunham

**Favourite workout song?**
It's a battle between Rihanna, Beyonce and Britney.

**Best advice you've ever received?**
Always schedule yourself in your own diary.

four years to come out of it but I can honestly say that this year has been my best yet. These days I have more good days than bad days and the injuries are a lot more manageable. I still won't do any impact sports – I don't run or surf. That's why I love Pilates. I danced for 18 years of my life, so it was kind of nice to find a practice I was comfortable and familiar with.

**How important is adequate nutrition?**

It was a big part of the process and can so often be overlooked. I don't like the word diet, and I think clean eating is a bit of a scary concept that is thrown around too flippantly and taken too seriously. At Studio PP we're all about healthy empowerment and helping people make better decisions; we even have an in-house nutritionist at the studio to help members make better choices. It's about trying new things to help you perform better. That is what premium performance is all about – being the most premium version of yourself and performing your best in fitness, health and life in general. Nutrition is part of that intrinsic connection between mind and body and I am very much about having a healthy lifestyle.

**You have a big focus on empowerment and goal setting. Why are they so important to you?**

I do a lot of motivational speaking and corporate fitness, looking at goal setting, motivation and overcoming adversity and there is something so powerful about a room full of women. I absolutely believe in female empowerment and think lately there has been a real shift in the way women treat each other. I think there are a lot more women out there respecting what other women are doing than comparing and competing all the time. I think that is the key to success and that is what I encourage through my talks.

**Hopes for the future?**

I married an Austrian, Lukas, and we love the mountains and live for the winters. I hope we'll be snowboarding and holding hands in the mountains till we're 90. I think that was a big part of walking away from the sport – knowing I really did want to enjoy the snow and the mountain life for many years to come. I feel guilty sometimes – If I have a really good day on snow I feel guilty because I haven't been training. But not having to compete has brought the joy back. I am just enjoying the thing that made me fall in love with the sport in the first place. And I couldn't be happier.



## *DIY 2-day detox*

### GREEN MONSTER SMOOTHIE (GOOD FOR BREAKFAST)

- 4–5 stalks kale
- ½ cucumber
- ½ banana
- ½ green apple
- 1 handful spinach
- 2 tsp chia seeds
- 1 cup almond milk or coconut water (unsweetened)

### GREEN AND LEAN JUICE (2 A DAY)

- ½ cucumber
- 6–7 stalks cos lettuce
- Handful spinach
- 3 stalks kale
- 2 stalks celery
- Small handful parsley
- ¼ lemon juice

### PP SUMMER ENERGISER (2 A DAY)

- Handful spinach
- Handful mint
- Handful parsley
- 1 cucumber
- 1 apple
- 4 celery stalks
- Knob of fresh ginger, peeled
- 4 ice cubes

### PP DETOXIFY JUICE (1 A DAY)

- 1 beetroot
- 1 knob ginger, peeled
- ½ cup lemon juice
- ½ cup coconut water
- 1 apple

### METHOD

SMOOTHIES: Place all the ingredients for your desired smoothie into a blender and blend until smooth.

JUICES: Place all the ingredients for your desired juice through a cold press juicer then transfer to a blender to combine.

***Note:*** Make double batches of each to get you through the two days. Good luck and happy cleansing.



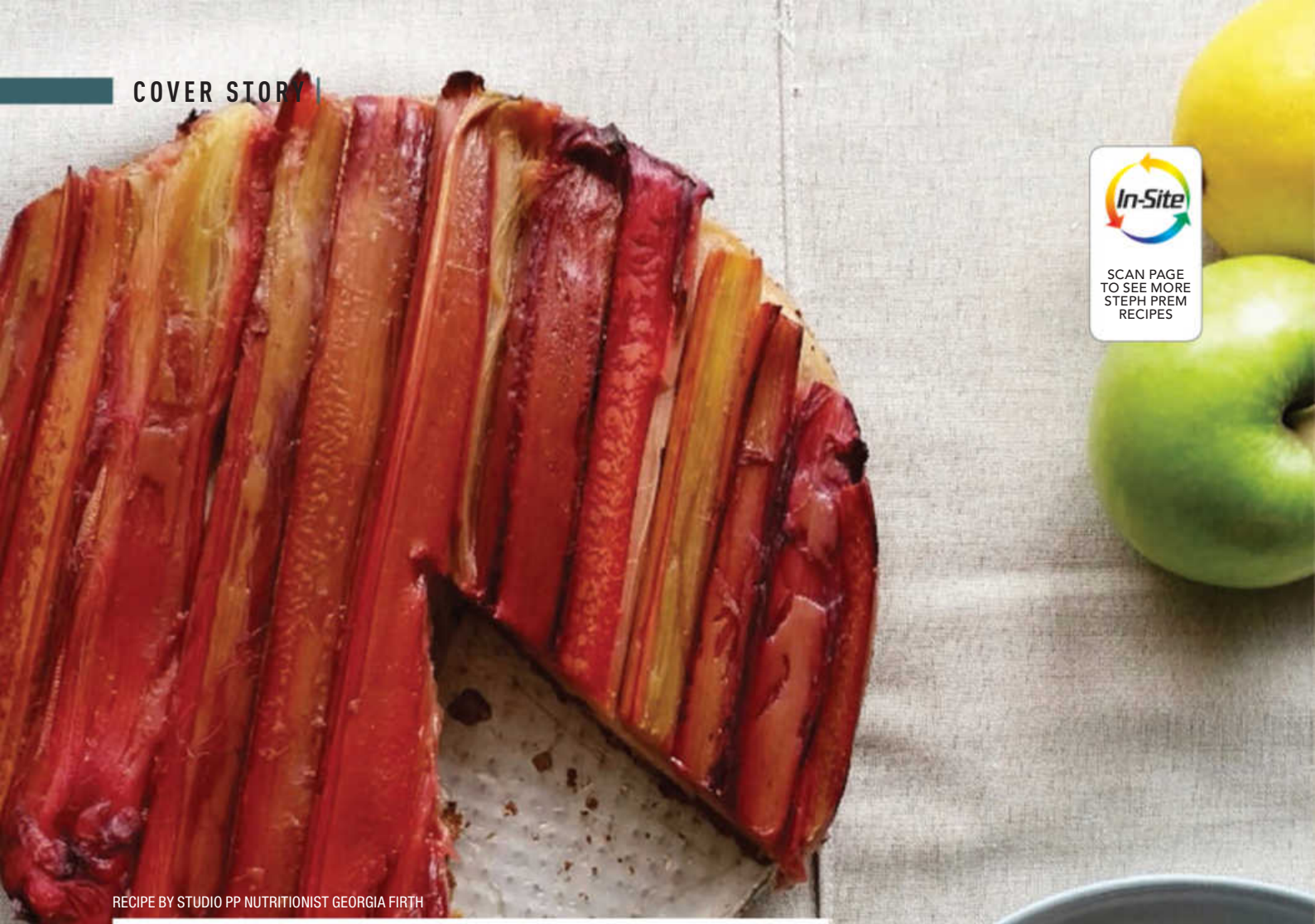
# *Addictive avo smash*

**INGREDIENTS**

- ½ ripe avocado
- 2 cubes Meredith goat's cheese
- Pinch chilli flakes
- Handful pumpkin seeds (pepitas)
- Pinch sea salt and cracked black pepper
- 1 piece bread, toasted
- Squeeze lemon juice

**METHOD**

Put the avocado and goat's cheese into a bowl and mash using a fork until combined but still chunky. Sprinkle chilli flakes, pumpkin seeds and a pinch of salt and pepper into the mix and stir to combine. Lightly toast your favourite seed-based slice of bread (gluten-free is fine, too). Spread mix onto bread and finish with a squeeze of lemon.



SCAN PAGE TO SEE MORE STEPH PREM RECIPES

RECIPE BY STUDIO PP NUTRITIONIST GEORGIA FIRTH

# *Apple & rhubarb tart*

**Gluten free | Dairy free | Refined sugar free | Vegan**

## INGREDIENTS

### Base

- 2 cups walnuts
- ½ cup pecans
- 1 cup LSA (linseed, sesame, almond)
- 1 tsp cinnamon
- Pinch salt
- ½ cup coconut oil, melted
- 3 tbsp rice malt syrup

### Apple layer

- 3 large green apples, peeled and cored
- Pinch cinnamon
- 1 tsp organic vanilla essence
- 1 lemon, juiced

### Rhubarb layer

- 9 rhubarb stalks
- ½ a lemon
- ¼ cup rice malt syrup

## METHOD

Preheat oven to 180°C.

To make the base put all dry ingredients into your food processor and blitz until fine, then add coconut oil and rice malt syrup and blitz until well combined.

Line an adjustable spring-form baking tin with paper and butter around the edges. Empty base mixture into your tin and flatten down. Place in fridge while preparing fruit.

Thinly slice apples and coat in a bowl with lemon juice, cinnamon and vanilla essence. Set aside.

Prepare rhubarb by chopping off both ends. Fill a deep frypan with water (enough to cover the rhubarb) and simmer with the rice malt syrup and the lemon segment. Cook until slightly softened (only a couple of minutes).

While the rhubarb is cooking, lay 2 to 3 layers of sliced apple on top of the base.

Once the rhubarb is done, lay pieces across the apple layer – you will need to cut each stalk to size.

Cover with foil and bake for 45 to 50 minutes, or until edges are golden.

***Tip:*** Serve with yoghurt or coconut cream and enjoy!

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# THE *official* *ANH* ROADTEST

**The *ANH* team checks out some of the latest health and beauty buys to make sure you're getting bang for your buck.**




## HYPOXI

**WHAT IS IT?** HYPOXI is the brainchild of esteemed Austrian sport scientist Dr Norbert Egger and is the first training concept to combine alternating high and low pressure with exercise to help target stubborn fat in common problem areas. The simple 30-minute workout is safe, pain free and completely natural – helping your body to tap into stubborn fat stores while you work out.

**HOW IT WORKS:** Targeted metabolic stimulation combined with a healthy diet. The theory is that fat burns more readily in the parts of the body that have strong blood circulation, so by heating up and directing blood flow to common problem areas (hips, butt, stomach and thighs), it promotes the elimination and reshaping of hard-to-remove fat cells while also firming, toning and improving complexion.

**THE CLAIM:** That clients can lose up to 30 cm in just 12 sessions.

**WHAT TO EXPECT:** HYPOXI works in three ways – through vacuum therapy (which is kind of like cupping), compression therapy and gentle cardio. The first – HDC – is like stepping into a massive, airtight space suit. From here, it feels like a kind of bubble wrap massage, where little balls of heat are compressed against the problem areas to apply heat and direct blood flow. This takes 20 minutes and gets fat cells ready for the next elimination round. If you are ticklish, beware.

Next up is the L250 – a seated bike with a vacuum chamber from the hips down. Throughout the session, various degrees of negative pressure are applied to the skin, stimulating blood supply to fatty tissues. It feels kind of like a 30-minute spin class through wild winds, but only from the waist down. This is a very gentle workout and would be achievable for all ages and fitness levels.

**RESULTS:** In just nine sessions I lost an incredible 15 cm. Being a reasonably active person, I was expecting to see little or no difference to my measurements so this was a welcome surprise. My pasty Melbourne complexion was also brighter and skin tone more even.

**COST.** $690 for 12 sessions

**OVERALL:** Though I was sceptical at first, my concerns melted away as quickly as the 15 cm. The machines are designed to suit all levels of fitness and because the program is tailored to the individual, the workout is designed to challenge – but not exhaust – you. Allow about an hour per appointment if doing both HDC and L250.

**INFORMATION:** visit *hypoxi.com.au*

# GREEN PRESS JUICE CLEANSE

## THREE-DAY CLEANSE

**WHAT IS IT?** A three-day cold-pressed organic juice and real food cleanse designed by chefs. The Apprentice Juice Cleanse introduces you to a plant-based lifestyle without the confrontation of giving up the chew.

**THE CLAIM:** The website says it will help to reset immunity, restore gut health, give your digestive system a rest, flush out toxins, increase energy and mental alertness, improve sleep, give you glowing skin, and the list goes on.

**WHAT TO EXPECT:** The first day is easy. It's exciting. A box of goodies is delivered straight to your door. The food is super yummy. There is more juice than you could ever imagine drinking, and everything seems wonderful. For optimum results it is advised you quit your caffeine addiction for the duration of the cleanse; so as always, caffeine is my downfall. For me the withdrawal was almost instantly noticeable – hello, 3pm headache. Thankfully though, the Wholly Cacao smoothie did make me forget about coffee for a little while.

Day two was when I noticed a difference. Though I was less bloated (yay), I was also more moody (sorry, team *ANH*) and felt a bit low in energy during the later part of the day. But the chia pudding for breakfast was delicious, so I soon forgot about being grumpy and got on with it. Lunch was a very substantial roast pumpkin and lentil salad; delicious, nutritious and satisfying, followed by soup again for dinner – which was very comforting if you are crazy enough to try a cleanse in the heart of winter (hint: wait for spring or summer). Three meals interspersed with a mix of refreshing juices or indulgent smoothies – my fave was the Cayenne West.

By day three, my skin was glowing and I was feeling more alert and energetic, I woke up feeling fresh, flat-stomached and hungry, which was a nice change from my bloated, sluggish self. Getting through the day was a breeze – and with the variety of juices, it didn't seem boring or repetitive.

**RESULTS:** Improved complexion, clarity, digestion and all-around feelings of health.

**OVERALL:** Green Press caters to all and every intolerance, with all of their products free from gluten, dairy and refined sugar. It's three days of delicious food and refreshing drinks – and plenty of it – delivered straight to your door. Easy peasy.

**COST:** $80 per day.

**INFORMATION:** visit *lovegreenpress.com.au* NH




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# HOME sanctuary

**The Chinese practice of feng shui is centred around understanding the way we interact with our environment, particularly focusing on the way in which life's energy – or *qi* – is distributed through the spaces we find ourselves in. CHRISTINA BULBROOK helps us understand these ancient principles so we can bring more health, wealth and happiness into our lives.**

Have you ever noticed how you sometimes feel inexplicably better in certain spaces than others? Or perhaps you can sleep more easily in one room of your house, always putting it down to the lighting, mattress or soundproofing being responsible for your increased comfort.

However, there is another explanation – it's called feng shui.

Literally translated into English, *feng shui* means 'wind-water', and its principles have been used and applied for thousands of years.

Feng shui is believed to have originated in China as far back as 6000BC, with archaeological evidence from ancient Chinese village cemeteries suggesting that the principles were used to determine the best burial sites. It also assisted in selecting the best locations on which to build settlements, and how to most auspiciously orient temples, shrines and other points of worship within a village or town.

Feng shui has been utilised throughout millennia to inform the location and construction not only of individual buildings and structures, but also of entire cities. Even the now-Chinese capital city, Beijing, which is surrounded by mountain ranges, is an essential criterion in feng shui theory.

## The basic principles

Put simply, Elizabeth Wiggins, feng shui expert and founder of Feng Shui Living describes feng shui as "the relationship between a person and their environment" and explains that energies are central to its principles. "It looks at balancing the energies [in a space] to ensure a supportive environment and invite opportunities into the home or business," she explains.

> ***"It looks at balancing the energies [in a space] to ensure a supportive environment and invite opportunities into the home or business."***

Central to feng shui's principles is the exemplification of balance, known as yin and yang. The energies of yin and yang are locked in an eternal cycle, constantly changing and flowing into each other, creating balances like light and dark, positive and negative. Our life energy, qi (pronounced chee), is also a dynamic and constantly changing force and it is this energy that feng shui aims to balance in an environment to invite opportunities for improved health, wealth and relationships.

There are a number of schools of feng shui theory, including the Form School, which takes into consideration the natural environment surrounding a building. There is also the Flying Star School, which considers features of the building itself as well as its occupants. These details might include the year in which the building was constructed, the direction it faces and the birth dates of the occupants of the house, and are used to ascertain the distribution of unseen energies flowing through the house. The best way to successfully feng shui your home or office is to use a combination of both schools when determining ways to invite opportunity in.

## Feng Shui your life

There are many easy and practical ways to begin to apply feng shui in our daily lives. Wiggins recommends starting by removing any type of excess from your life. "This can include excess 'stuff' or what some would refer to as clutter," she says. It is crucial to get rid of it since clutter can block the flow of energy through the home or workplace environment.

Now let's get more specific. There are ways you can utilise the principles of feng shui in particular environments you regularly find yourself in, starting with the home. "Focus on your entrance and bedrooms," Elizabeth advises, "[and] try to look at your home with fresh eyes. Unfortunately we get used to our surroundings and items in disrepair." So maybe it's time to do something about the dripping tap in



PICTURE CREDIT

the kitchen and the peeling paint on the bedroom wall, which, by the way, suggest a gradual loss of income and tiredness respectively.

"The main entrance may have an impact on your wealth whereas the bedrooms may impact your health and relationships," Wiggins says. "Your entrance should be clear, gardens well maintained, windows clean. You want to feel that your home is a sanctuary… where you can unwind and de-stress."

Similar principals apply for the bedroom. "Make sure under your bed is free of 'stuff' as this is the energy we absorb while sleeping," Wiggins advises. Time to find an alternative location for those old shoe boxes gathering dust under the bed.

You can also apply the same principles to your workplace or office. "Cluttered desk equals a cluttered mind," Wiggins says. Throwing away clutter that you might have kept in case it came in handy but that, in reality, you have never used is not always an easy task. But, when complete, it can result in you feeling much better and provide an increased sense of being in control.

Other tips for your office include positioning your desk so you have access to natural light and consider the addition of a plant or even a wind chime, as they can contribute to good levels of concentration and productivity due to the yang qi they add to the space.

Feng shui can equally be applied to improve relationships. "It will depend on the energy you are sleeping in, and [energies] are not all positive," Wiggins explains. "If you are having issues with your health and/or relationships, try moving the bed to another wall," she advises. "Give it a good month and see if things improve."

## 5 tips to feng shui your life

1. Get rid of clutter at home and in the workplace
2. Treat your home as a sanctuary
3. Consider the position of your bed
4. Ensure the entrance to your home is beautiful and inviting
5. Remember it is up to you to take the opportunities offered so be open to doing so

This sounds wonderful, doesn't it? But the crucial thing to remember when using feng shui principles is that improvement is still up to you. "Feng shui focuses on attracting opportunities into our lives," Wiggins says, "[but] it's still up to the person to take advantage and also responsibility for these opportunities."

But the good news is you don't have to do it alone.

Feng Shui consultants can be an excellent way to seek advice on what changes to make and why, particularly when attempting to identify the unseen energies that are flowing through a space.

However, Elizabeth has some advice when seeking a consultant. "Check their qualifications," she suggests. "One of the best courses in Australia is the Certificate IV in Feng Shui run by the Australian College of Environmental Studies. It is a government-accredited course and you can be assured that any graduate knows and is competent in traditional feng shui. Also request testimonials from clients."

With spring in the air, it has never been a better time to consider a de-cluttering and revamping of your home or office. And what better way to do it than by using the principles of a practice that is more than 8000 years old? NH

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# SPONTANEOUS SELF-DEFENCE

**Naturopath TARA THORNE explains what happens when your autoimmune system turns on you, and how to protect against your body's natural defences.**

Our immune system is an incredibly complex and hugely important system that relies on healthy body processes in order to function properly. If stressed or overworked, this delicate yet powerful system can become weak and confused and start attacking otherwise benign substances in the assumption they're harmful. This can wreak havoc on our health, eventually giving rise to debilitating autoimmune disease, diseases in which the body attacks itself and destroys perfectly healthy tissue. Adequate nutrition as well as stress reduction techniques, exercise and sleep are important considerations in preventing autoimmune diseases from taking hold. If they're already causing issues, there are ways in which you can treat them naturally and efficiently using proper diet, nutritional supplements, botanicals and lifestyle strategies.

## PSORIASIS

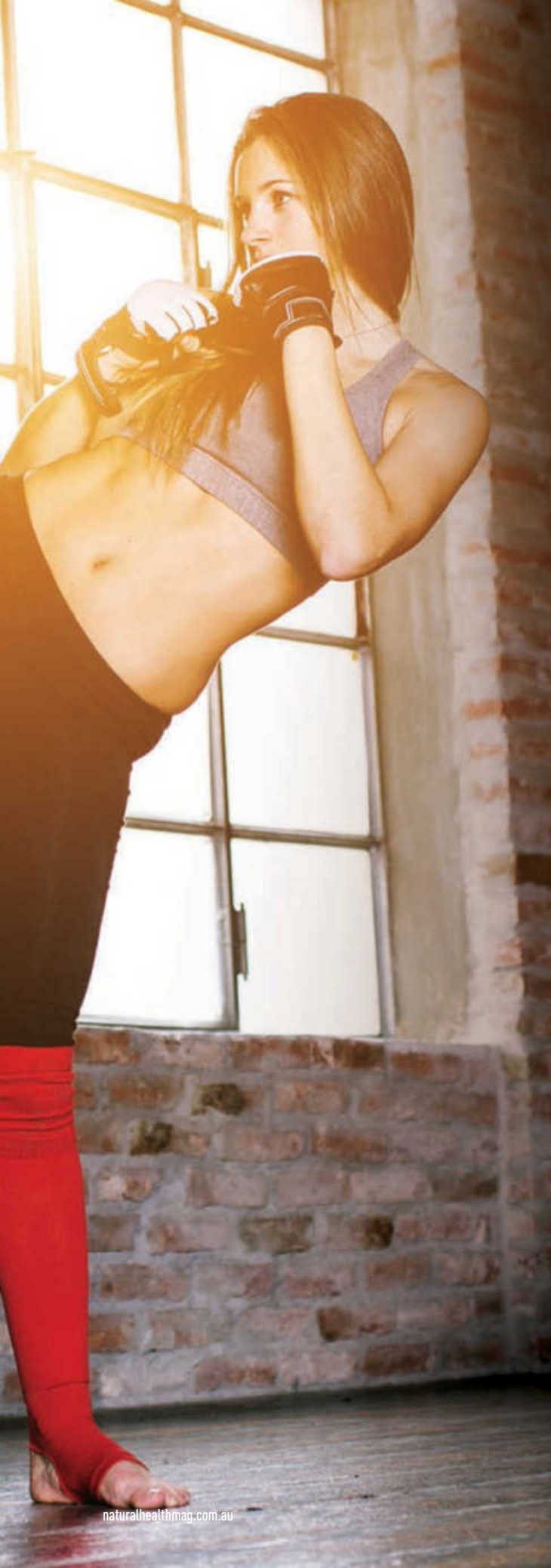
Psoriasis is an autoimmune skin disorder that's characterised by thick, flaky red scales. These scales are formed by an overproduction of skin cells. The cause of psoriasis is not well understood but a genetic marker has been found in 36 per cent of people with the condition. It's also known to be part of an 'autoimmune spectrum' of common diseases that share similar characteristics and treatments.

Psoriasis is sometimes thought to be associated with a deficiency of essential fatty acids (EFAs) and flare-ups seem to be triggered by such things as incomplete protein digestion, dysbiosis (an imbalance of good and bad bacteria in the gut), poor liver function, alcohol, overconsumption of saturated fats, and stress.

A study published in the *Journal of the American Academy of Dermatology* in 2012 suggested that those with psoriasis are almost twice as likely as those without to develop additional autoimmune diseases such as rheumatoid arthritis, coeliac disease and Crohn's disease, so treatment before it gets worse is imperative.

**PREVENTION & TREATMENT:** Psoriasis often clears up when sufferers travel to destinations closer to the equator, so increasing safe sun exposure can be effective. Diet-wise it's important for sufferers to limit their intake of animal protein because arachidonic acid formed during the breakdown of animal protein is highly inflammatory and can exacerbate the condition. Increasing consumption of fresh garlic and onions, pure water, fibre, raw fruits and vegetables as well as whole grains and cold-water fish can be beneficial.

A good-quality, distilled fish oil supplement should be taken, as this is an effective way to increase EFAs and reduce inflammation in the body. Additionally, a digestive enzyme and good-quality probiotic will help. Shark cartilage has been shown to inhibit the spread of lesions and other supplements that can be effective include a vitamin B complex, vitamins D, E and A, quercetin, pycnogenol and glutathione. A clinical trial published in 2009 in the *Journal of Integrated Traditional Chinese and Western Medicine* involving peony glucosides also showed very promising results in the remission of psoriasis as well as reducing flare-ups and lowering the severity of symptoms.



## MULTIPLE SCLEROSIS

Multiple sclerosis (MS) is an inflammatory autoimmune disease of the central nervous system in which the myelin sheath (the coating that protects nerve fibres) becomes inflamed and destroyed. The cause of MS is unknown but both environmental and genetic factors are thought to play a role. Some theories include trauma or injury to the myelin sheath, toxic metals that damage the nervous system (in particular aspartame), dysbiosis, dairy and gluten allergies, a deficiency in EFAs particularly omega-3s, abnormal vitamin B12 metabolism, a deficiency in glutathione peroxidase activity (an enzyme that protects cells from free radical damage), and recently more and more research is pointing toward vitamin D deficiency as a significant risk in the development of MS.

**PREVENTION & TREATMENT:** By far the vitamin that might be most important in the prevention and treatment of MS is vitamin D. Vitamin D is often depleted in MS sufferers and studies have shown that a high dose of D3 can slow the progression of MS.

Reducing saturated fat consumption is important for those who have MS. No more than 10 grams of saturated fat per day should be consumed. Avoidance of animal protein may also help sufferers and increasing EFAs from sources such as chia, flax, walnuts and pumpkin seeds is vital in order to reduce inflammation.

Supplements to consider if you have MS include a good-quality probiotic, a digestive enzyme, a distilled fish oil with high levels of DHA, vitamin B12, vitamins A, C and E and glutathione. Lecithin – or phosphatidylcholine – is another supplement that may benefit those suffering from MS as it's necessary for the integrity of all cell membranes and nerve transmission.

## INFLAMMATORY BOWEL DISEASE

*including Crohn's disease and ulcerative colitis*

Inflammatory bowel disease (IBD) is a disease in which the gastrointestinal tract becomes inflamed. Crohn's disease and ulcerative colitis fall under this umbrella name. The cause of IBD is not totally understood but it's thought that genetics, food sensitivities and other dietary factors as well as infections and environmental toxicity could be at play. Often severe dysbiosis is present in the gut of those with IBD. Dysbiosis creates dangerous pathogens that inflame the gut and stress the immune system to such a point that it beings to attack the gut tissue. Symptoms of IBD include abdominal pain, weight loss, diarrhoea that's often bloody, rectal bleeding and reduced appetite.

**PREVENTION & TREATMENT:** In order to help prevent IBD it's imperative to address any food sensitivities or allergies you might have. It's a good idea to keep a food diary and monitor symptoms such as gas, bloating or diarrhoea and get tested for food sensitivities by your nutritionist or naturopath. Avoiding common allergens can also go a long way these include dairy, wheat, corn, gluten, soy, oranges, nightshades and food additives.

If you do have IBD it's a good idea to avoid pro-inflammatory foods such as animal products, especially dairy, and be sure to consume plenty of omega-3s from sources such as flax, chia, walnuts and pumpkin seeds.

Natural anti-inflammatories such as curcumin, bromalein and ginger should be taken regularly, and during acute flare-ups it's important to avoid raw foods and too much fibre. Consuming an alkalising broth or soup can be beneficial during this time.

Essential supplements to consider include probiotics, glutamine, fish oil and a multivitamin, which should be taken with a digestive enzyme at meal times to increase nutrient absorption, which is low in sufferers of IBD. Antioxidants are also important, such as vitamins A, C, E and D, and other supplements that have shown promising results include butyrate, aloe gel, Boswellia and DHEA. Taking supplements in powdered or liquid form can help improve absorbability and reduce strain on the damaged gut.

## COELIAC DISEASE

Coeliac disease is an autoimmune disease that's thought to be brought about by an intolerance to the protein gliadin, which is found in gluten. The inability to digest this protein is often believed to be the culprit in this disorder; however, there's some debate as to whether it's gluten alone that's responsible or an overall inability to digest disaccharides. Genetic susceptibility is thought to play a role too.

Celiac disease occurs when the immune system incorrectly mounts an attack against what it believes to be a foreign invader (gluten), thus producing an inflamed, swollen and damaged gut, which ultimately compromises all digestion. Symptoms can be painful and embarrassing, including frequent diarrhoea, constipation, bloating, gas, abdominal pain, headaches and weight loss. Malabsorption of vitamins and minerals can be a real problem for those suffering from coeliac disease due to the digestive nature of the condition and psychological conditions have also been seen in some sufferers.

**PREVENTION & TREATMENT:** If you have coeliac disease, adhering to a strict gluten-free diet is a must. Absolute compliance to this diet is imperative as even small amounts of gluten can cause intestinal damage. All foods that contain wheat, including spelt, triticale, kamut, rye and barley, must be avoided.

Taking a fish oil, probiotic and multivitamin is important along with a digestive enzyme, which can help ease digestive symptoms and increase nutrient absorbability.

Strengthening the gut lining and reducing inflammation is imperative, so taking curcumin, Boswellia serrata, whey protein and glutamine can be beneficial. It's also advisable to get your iron, vitamins A and D, B vitamins, magnesium and zinc levels checked and supplement if required.

## ADDISON'S DISEASE

Addison's disease is a hormonal disorder that results in adrenals that do not produce enough of the hormones cortisol and/or aldosterone. About 70 per cent of reported cases of Addison's disease in Australia are due to an autoimmune disorder in which the immune system mistakenly attacks the adrenal glands. Other causes include infections such as tuberculosis, HIV, or fungal infections, haemorrhage or tumours. Symptoms include chronic diarrhoea, nausea and vomiting, patchy darkening of the skin, dehydration, dizziness when standing up (low blood pressure), paleness, weakness, sluggish movement, mouth lesions on the inside of the cheek, cravings for salt, weight loss and a reduced appetite.

**PREVENTION & TREATMENT:** If you have Addison's disease, it's imperative to manage your stress levels. Exercise, meditation, yoga or tai chi are excellent ways to keep stress in check. Getting good quality sleep is vitally important too as is eliminating caffeine and other stimulants that can exacerbate the stress response and increase cortisol production, further taxing the adrenals.

Proper blood-sugar control is paramount for those suffering from Addison's disease, so sugar should be avoided as well as simple carbohydrates. These can cause significant dips in blood glucose levels, which in turn stimulates the adrenals to produce more cortisol to raise levels of glucose in the blood. Instead, eat meals at regular intervals and consume fibre at every meal to slow the release of glucose into the bloodstream, which may prevent the release of more cortisol.

An important supplement to take that's imperative for adrenal health is vitamin C. Licorice and Siberian ginseng can help to rebuild the adrenal glands and an adrenal glandular, royal jelly, vitamin B5 and coenzyme Q10 in ubiquinol form can also help.

## GRAVE'S DISEASE

Grave's disease is a disease in which the body's immune system attacks thyroid cells, resulting in an overproduction of thyroid hormone. Most common in females, Grave's disease is a form of hyperthyroidism. Symptoms can include bulging of the eyes as well as a fast metabolism, which can lead to weight loss, tremors, tiredness, sweating, diarrhoea, anxiety, a rapid pulse and emotional instability. A goitre might also be symptomatic of this disease.

**PREVENTION & TREATMENT:** If you have Grave's disease, avoiding all stimulating beverages such as coffee and tea is important as well as avoiding sugar, alcohol, MSG and artificial sweeteners.

Overconsumption of iodine can worsen hyperthyroidism, so consuming substances called goitrogens can be helpful. Goitrogens are naturally occurring substances found in foods that block the utilisation of iodine. Some common goitrogens include vegetables from the Brassica or mustard family, such as broccoli, Brussels sprouts, cabbage and cauliflower. However, their goitrogenic action is only present in their raw form, so adding them to your smoothies or eating them as a snack or salad is the best way to reap their benefits. Conversely, be sure to avoid any high-iodine foods such as sea vegetables, scallops, cod, yoghurt, shrimp, sardines, salmon, cow's milk, eggs and tuna.



Be sure to take a good-quality probiotic, fish oil and multivitamin if you have Grave's disease and L-carnitine could be beneficial in alleviating symptoms. Magnesium is a calming mineral that can reduce jitteriness and other calming herbs that can be tried include chamomile, passionflower, skullcap and valerian.

## RHEUMATOID ARTHRITIS

Rheumatoid arthritis (RA), sometimes referred to as autoimmune arthritis, is a systemic inflammatory disease that occurs when the immune system attacks the lining of the joints, affecting connective tissue and eroding cartilage. Joint inflammation is the most prominent feature of this condition with symptoms being swollen, warm, painful and stiff



joints that are typically worse in the morning. Dysbiosis and leaky gut are often culprits in the formation of RA. A leaky gut occurs when undigested food and other toxins pass through the intestines into the bloodstream, prompting an immune response that eventually creates inflammation throughout the body. Genetic predisposition can also play a role as can previous infection by the Epstein-Barr virus or rubella.

**PREVENTION & TREATMENT:** Food allergies and sensitivities are often seen in those suffering from RA, so in order to prevent or treat this disease it's imperative to take good care of your digestive tract. Following habits of good digestion will help, including chewing your food properly, limiting drinking with meals, not eating when stressed and practising food-combining. Avoiding trigger foods that can exacerbate allergies is also crucial in the prevention and treatment of RA. An elimination diet where foods you are sensitive to are eliminated and slowly re-introduced can be an effective way to prevent leaky gut from developing. Vegetarian, vegan and gluten-free diets can also offer symptomatic relief for RA sufferers.

It's important to obtain a wide variety of fresh vegetables and fruits to enhance antioxidant levels so that the free radicals produced by the inflammation process are combated as best as possible. Drinking two to three cups of freshly squeezed vegetable juice is a great way to flood your body with antioxidants. One of the best juices for someone with RA is a pineapple-ginger juice, which is powerfully anti-inflammatory.

Taking vitamin C with bioflavonoids will help to protect collagen and supplementing with natural anti-inflammatories such as curcumin, bromelain, andrographolides, quercetin, Boswellia serrata extract and ginger can all be beneficial. Other supplements that should be considered for anyone with RA include a probiotic, digestive enzyme, fish oil, multivitamin, vitamin D, glucosamine and peony glucosides.

Exercise is also a critical component for anyone suffering from RA. Aerobic exercise, strength training and meditative forms such as yoga, tai chi or qi gong are all good options.

## HASHIMOTO'S DISEASE

Hashimoto's disease occurs when the immune system attacks the thyroid gland, causing inflammation, which then interferes with its ability to produce thyroid hormones. In contrast to Grave's disease, Hashimoto's is usually characterised by a lack of thyroid hormone secretion, which leads to hypothyroidism. This causes a slowing down of body functions. However, in recent years some clinicians consider Grave's disease and Hashimoto's as different presentations of the same disease.

Typical symptoms of Hashimoto's disease include a sluggish metabolism, slowed heart rate, memory problems, depression, constipation, dry and thinning hair, cold intolerance, fatigue and weight gain.

**PREVENTION & TREATMENT:** The body requires iodine to produce thyroid hormones; however, too much iodine in the diet can lead to Hashimoto's. Avoiding goitrogenic food is a good idea for anyone suffering from Hashimoto's and supplementing with selenium could be beneficial as this is an important nutrient that affects thyroid function.

Getting significant healthy fats is important and good sources include avocados, nuts and seeds, especially pumpkin, chia and flax seeds for omega 3s. Additionally, coconut oil is very thyroid friendly because of the lauric acid it contains, which soothes the endocrine system. Getting ample antioxidants is also vitally important and these can be obtained from fresh fruits and vegetables, focusing on foods rich in vitamins A, C and E as well as zinc and selenium.

Getting your B12, vitamin D, zinc and copper levels checked and supplementing where needed is also a good idea in order to prevent and treat Hashimoto's.

*Be sure to check your levels before dosing fat-soluble vitamins to make sure you're dosing correctly. Working with a naturopath can be helpful in this instance. It's important to test iodine levels before supplementing because both low and high iodine intake can lead to thyroid malfunction.* NH



# KILO Cleanse

**Still trying to hide those excess winter kilos under your woolly coat? We look at some of the inventive, non-surgical approaches to weight loss that could help you lose the extra baggage, naturally. DAVID GODING writes.**

Dieting doesn't work. Of course, that doesn't stop dieting from becoming the multi-billion dollar marketing juggernaut that we see today. It feeds on our worries and obsessions while providing us with equal portions of hope and insecurity. A good diet may work for a short time, but is rarely sustainable. And so the cycle continues – we seek out another revolutionary diet to cling to until the inevitable letdown comes along.

"Dieting really does more harm than good," says Dr Cris Beer, medical practitioner and author of *Healthy Habits*. "It can be hard to accept this when we are desperate to achieve weight loss. Often we feel that we need to diet to stay motivated, to kick-start our healthy eating plan or to start seeing results. The reality is, however, that with only five per cent of individuals being able to maintain the lost weight from dieting, it appears that diets do not work in the long term."

In fact, most people not only end up regaining the lost kilos but pack on extra due to the change in appetite, metabolism, body fat and muscle.

"We are biologically programmed to not diet as this is seen as a major threat by our bodies to our own survival," says Dr Beer. "After all, from our body's perspective, famine is something to be feared at all costs. Dieting essentially tells your body that it is currently experiencing a terrible period of famine. As a result, internal body mechanisms are put into motion to prevent the weight from easily coming off."

What, then, can you do? Simply accept your body the way it is? If you're fit and happy with the way you look, then yes, absolutely.

But if you still want to lose a few kilos, or feel like you really need to in order to be healthy, then you need to get your body working for you; find a way to take it back to its efficient, fat-burning ways.

What does it need if dieting isn't the answer? A good detox, a cold shock, perhaps some compression-enhanced exercise or soothing heat?

These natural therapies – some cutting edge, some old-school – attempt to provide solutions, and achieve some surprising results.

## CRYOSAUNA

The opposite to a traditional sauna, the cryosauna aims to bring down your body temperature, dramatically. In a very short period of time (around two minutes), using nitrogen vapour cooled to -140°C, a cryosauna can bring down your body temperature from its comfy norm of 32°C to less than 10°C.

What does this achieve you ask? Quite a lot as it turns out, such as stimulating the immune system, assisting muscle recovery, enhancing relaxation, reducing fatigue, boosting energy levels, elevating wellbeing and yes, aiding weight loss.

To be clear, not many claim that sitting in a cryosauna, even twice a day, will reduce weight by itself, but indirectly, when coupled with a healthy 'non-diet', it can get your system humming along nicely.

The biggest area of research involves pain management and recovery following athletic performance, where it – inconclusively – appears to help. It's thought to work by stimulating a 'fight or flight response' in the body, thereby producing endorphins and directing oxygenated, nutrient-rich blood to the body's vital organs and muscles.

## ICE VEST

What, another weight-loss treatment involving the cold? Maybe there's something to this idea after all. And the ice vest is one of the simplest, most cost-effective ways to do it, barring the cheaper, but rather more uncomfortable practice of jumping into an ice bath for as long as you can stand it.

The ice vest, taken from the freezer, can be worn until it returns to your body temperature with little discomfort, as this area has fewer nerve endings (meaning less pain) than the rest of your body. But why would you wear it in the first place? Because moderate levels of cold has been proven to burn calories, without exercise playing a part. Research has shown that competitive swimmers lose more weight by spending hours in the pool than they do by actually swimming, simply due to spending so much time in water that is a lot cooler than their body temperature.

Thirty minutes of cold exposure can lead to fatty acid release to provide fuel for the production of heat, most obvious in the act of shivering.

A couple of stints with an ice vest will burn around 500 calories, which is what many people burn in a 1.5-hour gym session.

## HYPOXI

Developed in Austria in the late '90s by Dr Norbert Egger, Hypoxi is a method of body shaping that claims to target some of those 'trouble' areas or 'fat pads' that you may be carrying on your stomach, hips, buttocks and thighs. As a bonus, Hypoxi has also become a popular treatment for cellulite and patchy complexion.

So how does it do it? By using a lot of space-age equipment, including machines called the Vacunaut, the HypoxiDermatology, the L250 and S120. These machines and the corresponding suits use vacuum and compression technology while you're gently exercising (often walking or using a recumbent vacuum cycle machine) to stimulate blood flow and trigger fat elimination.

Does it work? The only independent study, conducted by the Medical Prevention Centre in Hamburg, found that yes, three 30-minute Hypoxi sessions resulted in significant benefits compared to a control group who exercised for the same amount of time on a treadmill only.

For best results, Hypoxi practitioners recommend committing to 12 sessions, where you can lose up to 30 centimetres from your 'problem areas'. There's only one rule, no exercising or carbs for the rest of the day following a session.

## IONITHERMIE

Developed in France over 30 years ago by renowned biochemist Olivier Fouchet, Ionithermie turns all this cooling theory on its head by using, you guessed it, heat.

A 'cosmeceutical' treatment performed in a traditional 'massage' position, Ionithermie (or 'body melt' as it's sometimes called) is based on medical, therapeutic as well as aesthetic concepts. It employs a combination of algae, thermal clay and electric heat to smooth cellulite, improve skin appearance, reduce fluid retention, improve blood and lymph circulation and enhance muscle tone. The upside to all this are the benefits of slimming and detoxification.

Rudimentary studies have indicated positive effects of Ionithermie for cellulite minimisation and improved skin tone, but the jury is still out on its weight loss claims, which, though hugely popular, remain largely anecdotal.

## COOLSCULPTING

CoolSculpting is a technology that claims to freeze the fat off you. Unlike cryosauna, which may – or may not – indirectly affect the burning of fat, CoolSculpting goes out of its way to do just that.

It was developed by scientists at the Wellman Center for Photomedicine at Massachusetts General Hospital in Boston, a department of Harvard University, who observed that some children developed dimples from icy poles. A thousand theories and tests later and the FDA-approved CoolSculpting was born.

Using a hand-held cooling device to target fat cells under the skin, CoolSculpting works on the idea that the crystallised, or frozen, cells die, and given enough time (and CoolSculpting sessions), your body can learn to naturally eliminate the fat cells without the external assistance. NH

## COLONIC IRRIGATION

The only heat involved in colonic irrigation – or colonic hydrotherapy – is warm water; up to 40 litres of it, pumped into the colon and flushed out, all in the aid of good health. According to practitioners, colonic irrigation can strengthen the digestive tract, cure irritable bowel, treat acne and depression, boost the immune system and, yep, stimulate weight loss.

The procedure is not as uncomfortable as it may sound and it's not surprising that you feel a little lighter when you depart – due to the removal of all that waste and trapped gas – but does it really help you to lose weight? It's hard to know. Yes, people often lose weight in the months after colonic irrigation, but it's not fully understood why.

It could be that the slight reduction in weight, and increased lightness, provides a motivating 'springboard' to their weight-loss efforts. It could be that there's a reduction in bloating due to the removal of toxins; or it could be that by restoring healthy digestion, absorption and elimination functions, as well as promoting the return of healthy gut bacteria, the body simply runs more efficiently.



PHOTOGRAPH &
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# Winter wellness

***ANH*'s natural living and food expert JANELLA PURCELL answers all your important health questions.**



**Janella Purcell**
janellapurcell.com




Vitamin C and zinc could help to alleviate symptoms of hay fever

### My hay fever can really flare up in spring. What are some natural ways to relieve symptoms?

Otherwise known as allergic rhinitis or pollinosis, hay fever is an allergic reaction triggered by allergens such as dust, pollen, mites, grasses, moulds, animal fur/hair and/or air pollution. Spring is when most people notice the symptoms, as this is when the outdoor allergens increase.

Consider getting a dehumidifier for your house, especially your bedroom. It will help to reduce the moisture inside your home thereby reducing allergic attacks.

Essential oils may also reduce attacks. You can heat the oil in a burner then inhale them on a hanky or over a steaming bucket of moderately hot water. Try eucalyptus, tee tree oil, Roman chamomile, lemon, lavender, geranium, rosemary or peppermint.

Medicinal herbs taken in a tablet or tincture, or drunk as a tea are very effective – such as albizia, barberry, horseradish, elder and echinacea, (the root, not the flowering tops).

Supplements such as vitamin C and zinc are going to be your friends here. Vitamin C has long been known to help reduce allergic reactions, and zinc is great to boost immunity.

### I have been reading a lot lately about black tahini – what is it and why is it good for us?

Black tahini is made using black sesame seeds. Sesame seeds are rich in the compound sesamin, which has been found to protect the liver from oxidative damage, as well as minerals such as phosphorus, lecithin, magnesium, potassium and iron. Black tahini is a good source of methionine, which aids in liver detoxification, is high in vitamins E and B, helps to promote healthy cell growth, prevent anaemia and maintain healthy skin and muscle tone. It's also easy for your body to digest because of its high alkaline mineral content, which is great for assisting in weight loss.

According to traditional Chinese medicine, dark and black foods are connected to the kidney, so that means winter is the best time to include them. The kidney rules the hair, sexual organs, bones, knees and ears, so you can use black foods anytime to treat symptoms associated with these organs. Black sesame seeds are highly prized in Ayurvedic and Chinese medicine for moisturising the intestines, thereby preventing constipation, enriching the blood, promoting a glowing complexion, improving hair growth, delaying greying, strengthening the functions of the liver and kidney, normalising blood pressure and improving memory and vitality.

You'll find black tahini in your health food shop (a better option), deli's and some supermarkets.

### Tell us a little about kvass. Is it the new kombucha and how do we make it?

Kvass – fermented beetroot juice – is a traditional eastern European beverage that was originally made from fermenting stale bread. Earthy, salty, sour and sweet, this jewel-toned lacto-fermented beverage is a probiotic bonanza. According to food legend, beetroot and kvass are prized for their liver-cleansing properties and beet kvass is widely used in cancer therapy in Europe. It's also an excellent therapy for chronic fatigue, chemical sensitivities, allergies and digestive problems. One glass morning and night will alkalise your body nicely plus deliver all the other medicinal qualities of beetroot.

**Vitamin C has long been known to help reduce allergic reactions, and zinc is great to boost immunity.**

Some recipes call for adding whey, which speeds up the fermentation process, but kvass can be made more simply with just beets, water and salt. Or you can mix the juice from sauerkraut to some chopped beetroot with about three times the amount of clean water and leave to ferment on the bench for two days. Strain. Depending on the ingredients, your environment, and your personal taste, the fermentation process may take a couple of days to a couple of weeks.

It's a bit of an acquired taste, as you can imagine – but once acquired, you'll be craving it. NH



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# Fine and dandy

**Often thought of as a backyard weed, dandelion is now being revered not only for its medicinal and complexion-promoting properties, but also as a tasty addition to a healthy diet.**



**Sally O'Neil**
the-fit-foodie.com

## BACKGROUND

The humble dandelion is believed to have originated in the central Asian region. It is a hardy plant that grows vigorously in fields, meadows and lawns, and produces sweet-smelling golden flowers from spring to early autumn.

Both the root and the leaves can be utilised for culinary purposes. In general, roots are harvested in summer for medicinal uses or autumn for drying and grinding into a healthy coffee substitute.



**Dandelion leaves and roots can be found fresh or dried in a variety of forms, including tinctures, liquid extract, teas, tablets and capsules.**

## BENEFITS

Dandelion's nutrition profile is as extensive as it is impressive. The little yellow flower is a rich source of essential vitamins, minerals and nutrients, such as beta-carotene – a powerful antioxidant found also in carrots and apricots – fibre, potassium, phosphorus, calcium, vitamin C, magnesium, zinc and iron, as well as B complex vitamins, organic sodium, and even vitamin D.

The delicate flower also boasts a long list of health benefits.

**Digestion** – Working as a mild laxative, dandelion promotes digestion, stimulates appetite and balances beneficial bacteria in the intestine.

**Kidney** – Dandelion works as a diuretic to assist the kidneys in clearing out waste, salt and excess water.

**Liver** – Dandelion has been shown to improve liver function by removing toxins and re-establishing hydration and electrolyte balance.

**Cancer** – Dandelion is touted as being helpful in the fight against cancer, slowing its growth and preventing the spread of cancerous cells. Its leaves are especially rich in the antioxidants and phytonutrients that work to combat the disease.

**Antioxidants** – Both the roots and leaves are rich in antioxidants that prevent free-radical damage to cells and DNA, slowing down the ageing process in cells.

**High blood pressure** – As a diuretic, dandelion increases urination, which then lowers blood pressure.

**Clear skin** – According to a 2009 study by the University of Maryland Medical Center, dandelion root is a natural detoxification agent that supports liver function. The liver is responsible for purifying blood and removing toxins from the body, so if it isn't working properly, these toxins can build up and cause infection, or get secreted through the skin instead of the digestive system, which leads to acne.

**Inflammation** – Dandelion contains essential fatty acids and phytonutrients that reduce inflammation throughout the body, assisting with pain, swelling and arthritic conditions.

## SOURCES AND DOSAGE

Dandelion leaves and roots can be found fresh or dried in a variety of forms, including tinctures, liquid extract, teas, tablets and capsules. For digestive benefits, drink a cup of dandelion tea two to three times a day.

Try growing your own in your backyard or planters. It is not recommended to collect them from the wild as they may have been contaminated with pesticides, fertilisers and other chemicals. Dandelion leaves can also be found fresh in some health food markets. Look for succulent, soft young leaf tops. Fresh leaves are superior in flavour and mineral content. Store in plastic bags in the fridge.

## TOP TIPS

The leaves, flowers and roots of the dandelion are all edible. They have a slightly bitter flavour that is minimised if harvested in spring or autumn. Reduce the bitterness further by cooking. Try these serving suggestions:

- Add fresh greens to soups, stews and juices for a delicious green boost!
- Use the shoots (raw or blanched) in salads.
- Use the dried leaves and flowers to make herbal dandelion teas.
- Look out for dandelion coffee that uses lightly roasted and ground roots to make a delicious caffeine-free alternative to your morning brew.

*Disclaimer: Dandelion is generally considered safe; however, some people may have allergic reactions. If you are pregnant, nursing, taking prescription drugs, or allergic to ragweed, chrysanthemum, marigold, chamomile, yarrow, or daisy, consult a health care professional before adding it to your diet.* NH




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# Debunking men's health



**Dr Nat Kringoudis**
natkringoudis.com.au

**Naturopath, healer and hormone revolutionist DR NAT KRINGOUDIS helps you understand male hormone imbalance, and how to fix it.**



When we talk about hormones, most often our thoughts head directly to women's health and hormone dysfunction. Reality is, both men and women alike can experience hormone imbalance since our hormones are the messengers that signal our bodies to function, be it to feel happy, sleepy or to promote things like hair growth or libido. It's important to remember that we all require great hormone health and balance for overall wellbeing. In the essence of spring, the time of new growth and renewal, it's the perfect season to dig into hormone health and men's wellness to set us up for the warmer months ahead.

Hormone imbalance, especially when we are focusing on our sex hormones, can see men experience an array of symptoms including low libido, depression, anxiety, and weight gain, as well as issues with muscle and bone strength and hair growth (or lack of). Very often these signs can be misdiagnosed or overlooked because we put it down to old age or the ageing process. The good news is, hormone imbalance is very often a result of poor choice in both diet and lifestyle and is easily addressed with some simple changes.

There are several driving factors behind male hormone imbalance and when we can get to the real crux of the issue, we can easily implement solutions to not only ease symptoms but to address the root cause. In many instances it can be as simple as changing the food we eat and our approach to life that can steer us toward better health.

Let's look at the main offenders that cause trouble with men's hormones:

## EXCESS OESTROGEN

Too much oestrogen can be quite problematic. This may be driven by excess phytoestrogens (oestrogen-like properties found in plants), like those found in alcohol and soy, and similarly in xenoestrogens (oestrogen-mimicking components found in chemicals), toxins found in conventional cleaning products, paints and chemicals. These will influence the body's own oestrogen levels, driving them significantly higher, which becomes the issue. Simply identifying if these factors are an influence and finding suitable alternatives or minimising consumption can certainly be enough to make a real difference.

## STRESS

There are two major players when it comes to hormones. Your sex hormones and your stress hormones. Stress hormones are super bossy and will control everything in sight, especially your sex hormones. In this 'survival mode', your body sets up its priorities and your sex hormones don't get a look-in since they aren't essential to live. This can tip the scales when it comes to the balance of your hormones – and for men, it will affect things like sperm quality, libido and emotional wellbeing. Stress management can be tricky; there are many techniques and strategies on the market to assist in overcoming stress (you can check out my e-course *debunkingstress.com.au*). The first step for most is to identify where your stress is actually coming from (stress is most often far more than a pending deadline) and look at the simple changes you may be able to make to begin gaining control over your pressure levels.

## POOR DIGESTION & GUT FUNCTION

The gut is the pivot of your health. If it can't readily absorb nutrients from your diet, you won't have the resources for great hormone health. Poor diet, stress and long-term use of medications are some of the things that can really upset your gut alongsidwe foods like gluten and sugar. It's important to continue to eat for wellbeing, consuming wholefoods and a well-balanced diet and supplementing probiotics where needed (especially after a course of medication) to support good health bacteria and a strong gut wall.

Rebalancing hormones doesn't have to be an overhaul. Small, simple changes can have a big impact on your day-to-day routine. And the best part? Your body will very quickly tell you when you're on the right track. That spring in your step will often be your first clue to success. NH

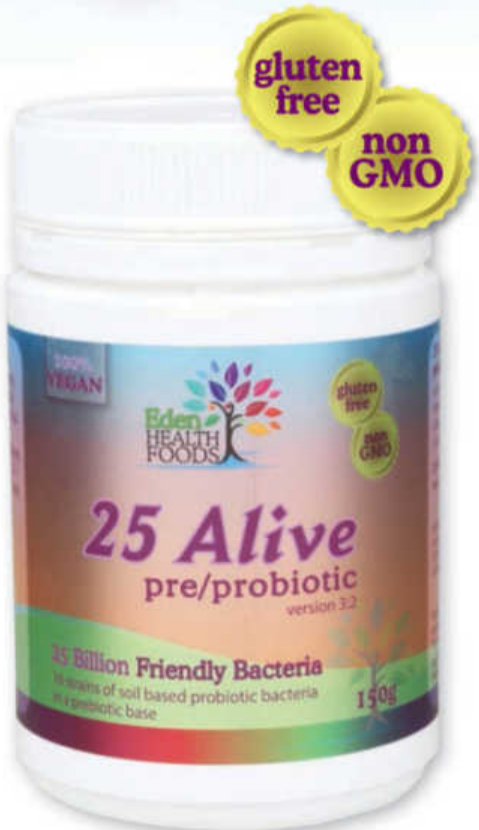
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# BLOOMING *beautiful*

**It's time for the friendly yeti you've lovingly stored under your fleecy coat, beanie and boots to be banished. Once your pins have been waxed (or shaved, we're not judging) and the flecks of autumn's toenail polish removed, some of our favourite beauty experts share their top tips to help beautify the rest. Get ready to pamper yourself from head to toe with our spring beauty plan. Lisa O'Neill writes.**

# Hair

**PROBLEM:** According to research, both men and women agree that a long, hot shower is their second favourite way to relax (since you asked, number one for men was sex while women chose a good book and chocolate). As you ease into the day during the chilly months, is there anything more luxurious than a hot shower, defrosting you from scalp to toe? Unfortunately, the hot water is just like that delicious chocolate, ladies. Feels great at the time, but it can do some damage to our scalp and hair. The need for a blowdryer post-shower throughout winter is also higher so by the end of the season our locks have really copped a battering, leading to dry, itchy scalps and split ends.

**QUICK FIX:** Tea tree oil is a natural antiseptic and will rid the scalp of accumulated bacteria that causes dandruff. Try massaging five to 10 drops of pure tea tree oil into your scalp before you wash your hair.

Next, invest in a mask to rejuvenate the heat-damaged hair follicles. We love Kevin Murphy's latest offering Angel.Masque ($49.95), which uses quinoa and bamboo extract to moisturise and repair the hair plus lotus flower extract to rebuild the hair's surface.

Finally, off you trot to the hairdresser to snip off those split ends and your mane will be restored to its full pre-winter glory.

**LOOK FOR:** Products enriched with plant oils (such as tea tree, lemon, pomegranate and rosemary) are ideal for soothing dry and irritated scalps.

### *ANH* RECOMMENDS:

**Acure** Clarifying Conditioner, $16.95, *nourishedlife.com.au*
**Ecostore** Normal Shampoo, $10.99, *shop.ecostore.com.au*
**Ogx** Hydrate + Defrizz Kukui Oil Frizz Defying Curl Cream, $17.99, *priceline.com.au*
**Hello Hair** Hydrating Mask Island Escape Edition, $18, *hellohair.com.au*
**Wild PPC Herbs** Volumiser Conditioner, $12.40, *ppcherbs.com.au*







# Face

**PROBLEM:** Sodashi founder Megan Larsen is well aware of the spanner winter throws into the works of our beauty regime.

"Since our skin is exposed to more extreme heat and cold in winter from internal heating and cold winds, it depletes our moisture and natural oil balance in our skin, resulting in dryness," Larsen explains.

Flaky patches and the dulling of our complexions are not exactly desirable as the days get longer and we prise our way out of hibernation. Yes To co-founder Lance Kalish suggests our pouts also need some TLC, with chapped lips highly likely post-winter chill.

**QUICK FIX:** Firstly, don't be overzealous with your cleansing as it can strip your skin of those precious natural oils you're working on restoring (especially avoid harsh foaming agents such as sodium lauryl sulfate). Using a gentle cleanser once a day to remove make-up should be plenty.

To slough off the dry skin patches and build-up of dull skin cells on your face, exfoliate once or twice a week.

Nourish the new skin with a face oil or serum layered under your usual moisturisers during the day and night for a boost. Serums penetrate the skin deeper than a standard moisturiser, which deposits nutrients more effectively.

Solve your chapped pout by mixing a little lip balm with a sprinkle of sugar before rubbing it carefully over your lips once a week.

**LOOK OUT FOR:** Kalish recommends looking for products with Dead Sea minerals, which also act as natural exfoliants. Find a serum with deeply moisturising and nutrient-rich oils such as the lightweight and easily absorbed jojoba, omega-rich rosehip or macadamia, which is one of the highest sources of palmitoleic acid, a super-moisturising acid naturally found on our skin.

### *ANH* RECOMMENDS:

**Trilogy** Eye Contour Cream, $44.95, *trilogyproducts.com*
**Rosehip PLUS™** Skin Boost Roll-On, $14.95, *rosehipplus.com.au*
**Sodashi** Enzyme Face Polish, $110, sodashi.com
**Organi** Manuka Honey Peel, $160, *organi.com.au*
**Z'kin** Softening Cream Cleanser, $29.95, *zkinorganics.com.au*
**Yes to Coconut** Cleansing Wipes, $5.99, *yestocarrots.com*




# Feet

**PROBLEM:** Bodhi J Wellness Spa general manager Tegan Hall says body parts such as feet and nails are sorely neglected over the winter months.

"Everyone is cold so they cover their feet to stay warm and think if no one else can see them it doesn't matter!" Hall jokes.

However, come spring it is no laughing matter as cracked heels are pulled out of their winter uggs and slipped into springtime sandals. With less reason to have regular pedicures over the colder months, cuticles are another area needing attention come spring.

**QUICK FIX:** Hall recommends starting your tootsie repair by using a pumice stone in the shower on your heels for about one minute every day until the cracks subside. Kalish says coconut oil is hard to beat for putting moisture back into the skin, particularly the feet. Hall suggests applying a heel balm with a natural olive or macadamia oil base and throwing on a pair of old socks before bed. For natural cuticle care, head back to the essential oils with a few drops of pure lemon oil for softening cuticles and strengthening nails.

**LOOK OUT FOR:** Soak your feet in the nourishing oils of coconut, olive or macadamia. Peppermint oil is another beauty for the feet due to its cooling (the menthol element stimulates the cold sensors) and energising properties. Seek out some hand cream with lemon oil and quickly sort out those grandma hands.

***ANH* RECOMMENDS:**

**L'Occitane** Shea Butter Foot Cream, $42, *au.loccitane.com*
**Oblepikha** Foot Cream, $21.62, *naturasiberica.net.au*
**Burt's Bees** Coconut Foot Creme, $24.95, *burtsbees.com.au*
**Ahava** Mineral Foot Cream, $25, *beautyheaven.com.au*
**Panasonic** Pedicure Care Heel Buffer, $39.99, *amazon.com*

# Body

**PROBLEM:** As soon as the warmer weather kicks in, so does the Australian beach culture. Scary thought for some of us with glow-in-the-dark white skin about to be revealed to the world in a bathing suit. Wised-up Aussie lasses know faking a tan is the way to go, but according to research by Bondi sunless tanning brand Sunescape, eight out of 10 women confess to experiencing DIY tanning disasters. The biggest fears are patchy colouring (let's be real, there's nothing sexy about a brown smear) and the dreaded orange glow, which Sunescape co-founder Lisa Williams assures are easily avoided.

**QUICK FIX:** Three cheers for our useful buddy exfoliation, who once again saves the day. The first step to avoiding patchiness in fake tan application is exfoliating dead skin cells.

"The key to an even tan starts with the preparation," Williams says. "Skin must be thoroughly exfoliated, clean and free from any perfume, oils, lotions and deodorant before application."

Once your skin is sufficiently buffed and glowing, invest in a tanning mitt and focus on applying the sunless tan lotion or mousse to one area of the body at a time with sweeping motions, blending the tan evenly as you go. This also allows you to avoid the orange high five, preventing the dead giveaway that your glow is from a bottle.

**LOOK OUT FOR:** Moisture-rich oils will prolong the tan, so find a product with oils like macadamia, jojoba, avocado and coconut. Aloe vera extract is another winner in sunless tans for its hydrating and skin-soothing properties.

***ANH* RECOMMENDS:**

**Bloom Organics** Nourishing Body Oil, $20, *bloomcosmetics.com*
**People for Plants** Sweet Almond, White Tea, Macadamia Body Cream, $19.95, *peopleforplants.com.au*
**Natio Wellness** Body Scrub, $18.95, *natio.com.au*
**Dr Alkaitis** Organic Enzyme Exfoliating Mask, $59.95, *nourishedlife.com.au*
**Melrose Organic** Unrefined Coconut Butter, $11.25, *melrosehealth.com.au*




# #trendalert

**Here's what the beauty pros are predicting will be big this summer…**

- According to Djurra Lifestyle Salon & Spa manager Leanne Baxter, this spring and summer will be **all about romantic and feminine hair with soft waves and natural textures**.
- Bodhi J Wellness Spa general manager Tegan Hall says while hot new nail polish colours are constantly coming out, **white will be huge as it creates a bright, fresh look for hands and feet**.NH

# Hello **zk'in**.
# Goodbye wrinkles.

**zk'in** Line Smoothing Serum contains a newly researched extract of a South American plant clinically tested to smooth the appearance of expression lines and wrinkles.This truly is Nature's alternative to injectables.

**75% of volunteers achieved results the day following first application*.**

Since using this beautiful smelling 'cool and refreshing' serum I've noticed the lines around my eyes are softening and my skin looks youthful. I love this product and recommend it to anyone – Fel

I notice an immediate tightening effect on the sensitive under eye skin and it keeps my skin well hydrated. A really wonderful product. – Amy

It smells delicious and feels light and not oily. i noticed a difference after just one use – Bridie

It absorbed quickly, and immediately my skin tightened and wrinkles smoothed. The best thing was that it didn't irritate my skin or eyes, unlike other products I have tried. It ticks all the boxes: non-irritant, Aussie made, organic, cruelty free, sustainable palm oil, vegan and actually works! - Kim

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# Marine magnetism

**Our oceans have long been relied on for beauty treatments to help halt the ageing process. From algae serums to kelp face masks, many have found unmistakable beauty benefits from the depths of the sea and its flora and fauna. SHANNON DUNN writes.**



While topical scrubs, lotions, gels, creams, serums and masks can buff, polish and smooth the outer layers of the skin, it's internal supplementation – in particular marine collagen – that has kept the beauty industry enamoured since the early 1990s. Today, this fish-derived supplementation is again gaining popularity due to its reported ability to wind back the clock.

While the body produces collagen naturally, production of this structural protein slows as we age, causing sagging, lines and age-telling wrinkles.

"It is an essential building block for glowing skin and keeping a youthful appearance," says expert facialist Natalie Sellars of Kindred Toxin Free Facials (www.kindredtoxinfreefacials.com.au). "By taking collagen as a supplement you can restore your body with the nutrients it needs, keeping your skin glowing, your nails strong and your hair shinier than ever."



## KINDRED GLOW ELIXIR

**Natalie Sellars shares her dairy-free elixir, brimming with antioxidants, vitamins and skin-loving goodies that support the skin.**

### Ingredients:

- 1 cup of preferred milk (I use cold-pressed almond milk)
- ¼ cup organic frozen mixed berries (for vitamin C and antioxidants)
- 1 tsp ground flaxseed (high in omega 3, great for healing)
- 1 tsp coconut oil or ½ an avocado (good fats for glowing skin)
- ¼ cup coconut water kefir (you may use any kefir/probiotic). This is great for gut health and highly anti-inflammatory. You can buy this at health food shops or make your own.
- 1–3 sachets of marine collagen (the purest form of collagen, giving you the glow from inside out)
- Add filtered water to desired consistency

### Method

- Mix in your blender

* Use organic wherever possible
* You may use ½ coconut milk or almond milk to taste.
* You may also add your own greens, probiotic powders (Metagenics has a great dairy-free capsule) and vegan protein to taste.

Drink daily to keep your gut healthy and your skin glowing!

Marine collagen is one of the most natural, easily absorbed, purest and highest potency forms of collagen available, sourced from the deep sea – compared to other collagens it is 100 per cent natural and free of fats, carbs, sugar, dairy, lactose, soy, wheat and gluten.

Professor R. Befarr discovered fish in the Northern European ocean that were able to live in depths of more than 2,000 metres. While such pressure would flatten manmade objects, the fish were found to live without effect, and boasting smooth, firm scales, despite the high-force environment. Professor Befarr determined that the structure, being similar to human skin, could be beneficial if taken orally or applied topically. It was then that the marine collagen was produced from the fish scales to be used in supplementation (such as Vida Glow and ProPlenish) and skincare.

"Being in this industry as a skin health specialist for 16 years, I have seen fads come and go, so I decided to give marine collagen a go. Taking double the dose for the first month is recommended, and within three weeks I saw a difference – my glow was back. In the middle of winter my skin was hydrated, and my fine lines started to disappear under my eyes," says Sellars. "I also noticed that my body started to lean out, which is another great effect! I was so happy, I decided to share with my clients, who have contacted me, so excited at having the same amazing results. It's now one of my biggest sellers."

**Marine collagen is one of the most natural, easily absorbed, purest and highest potency forms of collagen available, sourced from the deep sea – compared to other collagens it is 100 per cent natural and free of fats, carbs, sugar, dairy, lactose, soy, wheat and gluten.**

While many sing the praises of this sea-found supplement, Costhetics (www.costhetics.com.au) aesthetic nurse specialist Ginelle Kelly believes it is "old, redundant technology".

"I don't recommend marine collagen and it is not in any of the main medical anti-ageing creams," she says. "You may find it in some beauty therapies or supermarkets. I don't use it because collagen has too many amino acids (protein) and the size of the molecule is too large. I am looking for ingredients that penetrate to deeper levels, not just the surface of the skin. You also need to be careful of people with seafood and iodine allergies using marine collagen."

However, as with any topical or internal beauty treatment, always check for possible side effects specific to you and determine effectiveness based on your own results. NH

*Shannon Dunn is a wellness writer and eco beauty editor. Find out more at* www.ecobeautyeditor.com *or email her at* shannon@ecobeautyeditor.com


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# Smooth moves

**With a sea of moisturisers on the market promising to restore natural radiance and give you a youthful glow, it can be hard to know which one to pick. MADELINE LAKOS brings it back to basics so you can feed your skin the bare essentials.**

When did something as simple as moisturising become so chemically complicated? The average over-the-counter concoction will boast an ingredients list a mile long, and a (slightly shorter) list of benefits such as smoothing, softening, firming and – of course – age defying. If the fountain of youth exists over the cosmetics counter, we're yet to find it. But for those interested in simplifying the composition of their moisturiser, or nourishing their skin the natural way, there are ingredients that can help with that. Natural moisturisers come in many forms: oils, natural fats or butters, waxes and more. They can be used on their own or carefully blended to suit their cause. According to Practical Dermatology, moisturising ingredients are one, or a combination, of three things:

1. ***Emollients***, which soften and smooth the skin.
2. ***Occlusives***, which provide a barrier that sits on the surface of the skin and prevents transepidermal water loss.
3. ***Humectants***, which bind and hold water in the stratum corneum (i.e. skin).

A blend of all three properties is ideal, but it's not the end of the world if you miss out on one. "With only one of these properties, you would still receive hydration and protection; however, with combining ingredients you create a synergistic effect, and these properties can be maximised to achieve optimum results," says College of Natural Beauty trainer Trudie Dodd. "For example, I wouldn't recommend olive oil used on its own for the face as, personally, I feel it could be too strong and heavy and may cause irritation."

Paying heed to the particulars of your own skin type is important when selecting natural ingredients. But most will benefit from those that are high in antioxidants (which really do help fight the signs of ageing while combating oxidative stress), a range of fatty acids and vitamins.



## *Oils*

### 1 OLIVE OIL
**Emollient, occlusive; good for: hair and body.**

Olive oil is plant oil that is made by pressing the fruit of an olive tree. Although its most common use is in the kitchen, olive oil can make a great addition to your skincare regime. It's rich in antioxidants, high in vitamins A and E and is relatively odourless. A 2007 *Alternative Medicine Review* study credited its skin-loving benefits to two main components: squalene and hydroxytyrosol. The former is an organic compound that has been identified as having an anticancer effect and the latter is one of the most powerful antioxidants in the world. However, olive oil isn't easily absorbed by the skin (it tends to sit on top) so is best kept away from your face.

The Australian Olive Association says extra virgin olive oil is the purest and highest quality; virgin olive oil is slightly lower quality, but both are produced without chemicals. Light or extra-light olive oil is made by blending pure and natural olive oil with refined oils (i.e. oils that have been make fit for human consumption through a refining process).

### 2 ROSEHIP OIL
**Emollient; good for: face and body**

Rosehip oil is extracted from the 'hip' or 'fruit' of a rose left over after the petals have fallen. It's loved for its uniquely high content of fatty acids (around 75 per cent) and vitamin A, as well as its apparent healing properties. A recent study in the *International Journal of Cosmetic Science* found that rosehip oil was useful in preventing and improving the appearance of stretch marks in a trial of pregnant women. Kosmea Australia, a company that specialises in rosehip oil products, says it can be used to treat uneven skin tone, wrinkles and skin conditions such as psoriasis.

### 3 ALMOND OIL
**Emollient; good for: face and body**

In the kitchen, almonds are adored for their abundance of good fats and nutrients (and let's not forget their taste). In skincare, they make for an excellent odourless and vitamin E-rich moisturiser – light enough for your face and rich enough to be applied to your hair and body. Almond oil is made by pressing raw sweet almonds, or *Prunus amygdalus*, to extract liquid. Almonds (raw or toasted) can be ground to a paste to make almond butter – to eat or for a nourishing body scrub. Raw almond oil or butter is said to be higher quality. According to Nuts For Life (nutsforlife.com.au), almonds have an anti-inflammatory effect ("Antioxidants and other phytochemicals play an important role in reducing inflammation," they said) and reduce oxidative stress.

### 4 MACADAMIA OIL
**Emollient; good for: face, hair and body**

Nutritionally, macadamia nuts are a unique source of monounsaturated fats and contain vitamin B1 (which has a role in nerve function and energy production) and potassium (important for electrolyte balance and hydration). Macadamia oil is loved for its unique fatty acid profile, which makes it a fabulous product for dry, mature skin. It is one of the richest sources of palmitoleic acid, which is vital for delaying skin and cell ageing, as well as oleic acid, lonoleic acid and phytosterols, which promote hydration and are building blocks for cell membranes. It also contains omega 7, which is found in human skin sebum (oil), meaning it's easily absorbed and suitable for problem, sensitive or ageing skin. Potassium has also been linked to improved skin, with a 2004 study in the *Journal of Investigative Dermatology* linking it to hydration, stiffness and PH. It is made by pressing the macadamia kernel.

### 2 GRAPESEED OIL
**Emollient; good for: face and body**

Grapeseed oil is touted to be one of the most skin-friendly oils available because of its lightness, stability and antioxidants. A study published in the *International Journal of Molecular Medicine* found that oligomeric proanthocyanidins, or the antioxidants found in grapeseed oil, were successful in protecting skin cells against oxidative stress. It's also high in vitamins C and E. Grapeseed oil is made by grinding and pressing the seeds of grapes, which means it's often a by-product of wine-making waste. According to wine writer Madeline Puckette, for around every 1200 litres of wine made, around four litres of grapeseed oil can be extracted.

### 6 COCONUT OIL
**Emollient; good foor: face, hair and body**

Coconut oil's ever-increasing popularity could easily be attributed to its sweet, nutty taste and equally enticing fragrance, but many would say that it's coconut oil's health benefits that attract the masses. Coconut oil is rich in medium-chain fatty acids, which (in a dietary sense) are more easily absorbed by the body and have anti-inflammatory effects. Numerous studies have compared coconut oil to mineral oil, which is derived from petroleum and widely used in cosmetics because it won't become solid and clog pores. Although coconut oil does solidify in colder temperatures, recent research found it to be superior in treating atopic dermatitis. In the *International Journal of Dermatology* study, 46 per cent of the participants who used virgin coconut oil had excellent improvement in their skin compared to only 19 per cent for mineral oils. Coconut oil is made my pressing the dried 'meat' of the coconut.







## *Sensitivity spotlight*
*– with Trudie Dodd*

**"When selecting natural moisturisers, beware of essential oils. Some natural moisturisers contain essential oils that are considered to be photosensitive or phototoxic – when the skin is exposed to light there can be a reaction by increasing the skin's receptiveness to the sun or it could present as a minor imbalance due to a chemical reaction."**





## Skin-loving vitamins

**Vitamin A** is for any concerns with ageing. Vitamin A can stimulate cell renewal and provides protection of the dermis to slow down the ageing process.

**Vitamin C** is brightening and resurfacing. It can boost the synthesis of collagen. It is used widely in treating pigmentation.

**Vitamin E** is known widely for its healing properties. It protects the skins elasticity and provides antioxidant benefits.



## Butters and fats

### 7 SHEA BUTTER
**Occlusive, emollient; good for: face and body**

"Shea butter is one of nature's best all-natural beauty gifts," says Irene Falcone of Nourished Life. "Rich in unsaturated fats, fatty acids, vitamins A, E and D, and antioxidants, this is an all-round full body moisturiser and skin food." Shea butter is a rich, creamy fat extracted from the seeds of the karite tree and, as Falcone alluded to, it's jam packed with things that are good for your skin. In many skincare products, shea butter is in small amounts to moisturise and protect. As shea butter is an occlusive, it's best used only in small amounts on the face.

### 8 LANOLIN
**Occlusive, emollient; good for: body and lips**

Lanolin is a fatty substance found on sheep's wool. It may sound gross, but lanolin's thick, greasy properties are what make it such a great moisturiser. Lanolin has a similar structure to our skin's own sebum, and is a great occlusive. In saying that, it's typically used as an ointment or salve rather than as a day-to-day moisturiser. The best lanolin is extracted from wool by squeezing or pressing it, but sometimes chemicals are used for this process as well. It's also worth nothing that there are reported allergies to lanolin, although the likelihood is small. A 2001 study in the *British Journal of Dermatology* concluded that, on average, the likelihood of having a reaction to lanoline was around 1.7 per cent.

### 9 MANGO SEED BUTTER
**Occlusive, emollient; good for: face and body**

Mangos are wonderful. The sweet fruit is a symbol of summer and its yellow flesh is uniquely high in vitamins A, E and C. Mango butter is made by grinding and pressing the seed in the centre of a mango to extract a rich, relatively odourless fat. According to a 2008 study dedicated entirely to mango butter, published in the *International Journal of Cosmetic Sciences*, researchers found it has antibacterial and anti-inflammatory properties, and the high levels of vitamin E and plant fats "significantly reduce wrinkles and roughness of the skin while the repairing and protecting properties open up possibilities to formulate caring products for sensitive skin." As mango butter is an occlusive, it's best used in limited amounts on the face.

### 10 COCOA BUTTER
**Occlusive, emollient; good for: face and body**

Chocolate lovers beware: cocoa butter tends to retain some of its sweet, nutty smell – but that also makes it awesome. Like mango and shea butter, cocoa butter is an excellent plant fat; it's extracted by pressing cocoa kernels, often after they have been fermented and roasted. A 2008 study in the *International Journal of Cosmetic Science* found that cocoa butter nutrients have a positive affect on skin elasticity and skin tones. As it is an occlusive, it's recommended cocoa butter is only used in small amounts on the face.



## Plants and waxes

### 11 HONEY AND BEES WAX
**Humectant; good for: face and body**

Sugars are known humectants, which means honey can make a great addition to a natural moisturiser blend – although there are rumours that pure honey face masks are divine. Most honeys have antibacterial and anti-inflammatory properties but the cream of the crop is Manuka honey, valued for its unique flavour and high level of antioxidants. Although there is little scientific evidence to say that honey can help with wrinkles or other skin woes, honey is proven to help heal wounds by providing food for bacteria. Bees wax, a constituent of the process of honey collection, is frequently seen in moisturisers; it's used to stop oil and other ingredients from separating (as an emulsifier) and to improve texture (i.e. make it smooth and creamy) and can have emollient properties.

### 12 ALOE VERA
**Humectant (weak); good for: face and body**

Aloe vera is a favourite for treating sunburn and rough, red skin. It's a succulent plant that has leaves that yield a gooey gel that starts clear and dries dark brown. This gel has been used throughout history to soothe and moisturise skin, but although it's a common addition to modern cosmetics, there is little science to prove how or if it really works. According to the *Indian Journal of Dermatology*, aloe vera has 75 potentially active constituents (i.e. vitamins, enzymes and sugars). The sugars (mucopolysaccharides) are said to help bind moisture to the skin.

### 13 JOJOBA
**Humectant, occlusive and emollient; good for: face and body**

Often mistakenly called 'jojoba oil', jojoba is actually a liquid wax that is uniquely awesome for our skin. "Because of their affinity to our own sebum, the wax esters in jojoba provide similar nurturing and moisturising properties as our own sebum. This means jojoba products won't clog pores the way oils can," says Vicki Engsall of The Jojoba Company. Jojoba is one of the few natural skincare ingredients that has all three moisturising properties, making it a great one-product solution to natural moisturising. It's also rich in vitamins A, E and D, antioxidants and essential fatty acids. NH



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# Exotic attraction

**Traditional Chinese medicine is gaining momentum in the beauty biosphere for its focus on maintaining harmony between inner health and outer radiance. JENNIFER KANG explains how to use Eastern beauty therapies to get that oh-so-covetable complexion, naturally.**



We're all too familiar with hearing the exotic and sometimes eyebrow-raising beauty secrets of celebrities. So when A-listers like Gwyneth Paltrow and Madonna began using Traditional Chinese medicine (TCM) to transform their skin from the inside out, the alternative therapy could have been heralded as just another celebrity fad. While beauty therapies for the average woman have little place in Tinseltown, TCM is fast catching on as an inexpensive and holistic approach to improving physical appearance.

## TCM BEAUTY THERAPY

Using TCM to preserve youth and enhance outer beauty is a relatively new trend in Western culture, but the ancient therapy has been used in Asian countries for hundreds of years to rejuvenate and tighten the skin.

In the TCM point of view, a balance between the two sides of the body's composition – the yin and yang – maintains inner health and outer beauty. As a result, "skin problems can be signs of imbalances in internal health," says Melbourne Chinese medicine practitioner Dr Juanita Jolly of Balance Complementary Medicine.

"A person's face is affected selectively by the health of their internal organs," she says. "That's why we look at the skin from an internal perspective, identifying underlying health issues, while Western medicine traditionally looks at the skin from an external perspective."

In the pursuit of beauty, TCM draws on a variety of techniques – herbal remedies, cosmetic acupuncture and jade rollers – to stimulate the body's natural energies or qi (pronounced 'chee'), rejuvenating the face as well as promoting inner health and wellness.

# *Herbs for Healing*

### WHAT IS IT?

'Real change comes from within' – while it may be an over-used mantra, in the TCM viewpoint this philosophy couldn't be more important.

Whether it be acupuncture pins or creams, you can't maximise their benefits by "putting things on the surface of the skin alone," RMIT Chinese medicine researcher Dr Brian May says.

He believes treatments on the surface of the skin can penetrate deeply, but more noticeable results will occur with the help of Chinese herbal medicines to improve overall health, or to target a specific health disorder.

By performing tongue and pulse diagnosis, a skin examination, and a general assessment on health and lifestyle, a Chinese herbalist will produce a custom-made herbal remedy for the patient to balance disharmony in the body.

### THE TREATMENT

"In TCM, herbal medicine is used to promote inner wellness by targeting health problems relating to stress, inflammation, digestive disturbances or blood flow, which commonly affect the skin," Dr May says.

TCM promotes inner health as the eternal fountain of youth and as a result, anti-ageing remedies are prescribed by looking at the areas of the face affected by ageing and what organs they represent.

"While conventional cosmetics you find at the supermarket sell things for the surface alone, in the TCM point of view, it's important to treat the internal condition as well, especially when it comes to chronic skin problems," he says.

This is not to say Western skin products are not useful. "These days, cosmetic industries are increasingly using plant extracts for their antioxidant effects," he says.

"Patients will benefit from taking herbal medicines in conjunction with using topical treatments."

### THE RESULTS

For chronic skin problems such as persistent dryness or chronic acne, the healing process is gradual, Dr May says. However, for patients with acute skin conditions, treatment effects can be rapid.

Dr Jolly combines the use of Chinese herbal medicine in acupuncture facials and says each person will notice different results depending on what they are being treated for.

"Patients suffering from hyper-pigmentation, eczema, dry skin and rosacea will see visible improvement.

"Treatment is very specific and individual to each person.

"But each patient will notice there will be increased radiance in the skin – if there is no noticeable change, you'll know there hasn't been the right diagnosis or it's a sign the patient's diet and lifestyle still need to change," she says.

# *Cosmetic Acupuncture*

### WHAT IS IT?

Becoming one of the most talked about non-invasive procedures, cosmetic acupuncture (also known as acupuncture facial renewal or acupuncture facial) has been hailed the new 'face lift' and a natural alternative to toxic injectables such as Botox or dermal fillers.

Originally used by ancient Chinese royalty more than 800 years ago, it involves placing fine pins at certain acupuncture points, which are specific locations on the body used to stimulate qi. The acupuncture points used on the face activate specific muscles, which results in the face lifting itself through the muscles' tightening and toning action.

### THE TREATMENT

Targeting muscle tension, which may be causing unsightly lines, under-eye bags and puffiness, the non-invasive cosmetic treatment is also thought to stimulate collagen production. But unlike Botox, where wrinkle-smoothing effects wear off within three months, cosmetic acupuncture aims to produce lasting results by tackling underlying health issues standing between you and radiant skin.

"It's a gradual, organic process.

"Patients usually have 12 to 15 acupuncture sessions to achieve the desired outcome and treatment is also combined with herbal remedies and encouraging lifestyle changes," Dr Jolly says.

### DOES IT HURT?

While the thought of having multiple needles inserted into the skin is bound to deter some, Dr Jolly says there is little pain involved with the procedure.

"It's no more painful than getting your eyebrows plucked.

"And it's a lot less invasive than conventional cosmetic procedures," she says.

### THE RESULTS

Dr Jolly says the insertion of fine pins at acupuncture points results in 'positive injury', stimulating blood circulation, which improves facial colour and radiance.

The age-old therapy can also act as a natural muscle relaxant, visibly reducing the appearance of frowns and wrinkles caused by muscle tension.

"After an acupuncture facial, patients look like they've gone on a holiday – there is noticeable improvement, with increased radiance in the skin," she says.

# Get Jaded

### WHAT IS IT?

Made of jade – the stone of youth and longevity – jade rollers have been used for hundreds of years as a beauty tool used to promote youthful skin. The Chinese anti-wrinkle dermal roller is used to massage the face, stimulating the surface of the skin and increasing blood flow.

### THE TREATMENT

Different roller movements are applied to varying acupuncture points on the face and neck, relieving muscle tension.

Dr Brian May says if half the face is massaged, you can see for yourself the immediate before-and-after results.

"Under the surface of the skin where people have wrinkles and puffiness, muscles can be tight and sore," he says. "By massaging those spots, you'll look better and feel better by making that area warmer and relaxed."

### THE RESULTS

Just like any facial massage, jade rollers can diminish the appearance of puffiness, wrinkles, skin discolouration and has a lifting effect on sagging skin. Its cooling properties can tighten enlarged pores and soothe the skin.

Dr Jolly says massaging the face with jade rollers is ideal for people with dry skin as it brings forth *yin* – moisture – to the skin.

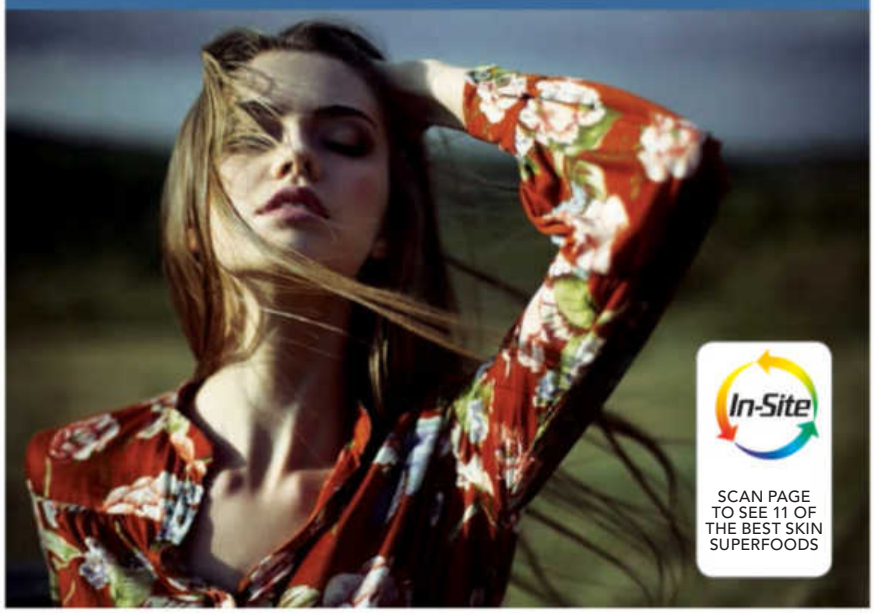
Patients can also maximise the benefits of a jade roller facial by having a herbal mask massaged into the skin at the same time.

An obvious benefit is its general meditative effect – there's no denying that anyone can do with a facial massage fit for ancient Chinese royalty!

# Herbaceously Beautiful

**Luminous skin captures inner and outer beauty. Here are five herbs that will help your skin glow:**

- **Chrysanthemum:** known for its cooling properties, extracts of the flower can reduce signs of redness and inflamed skin. It is useful for treating acne and inflamed cysts, which will help prevent scarring and other damage to your skin.
- **Peony:** the root of the flower is used to stimulate blood circulation and by nourishing the blood, it promotes circulation to the skin. It can bring colour to the face and also assists in the treatment of dry skin and other skin conditions, including eczema and psoriasis.
- **Rehmannia:** extracts of the herb are used to nourish the blood and the hormonal system. By maintaining hormone levels, it is particularly useful in treating problems associated with ageing, such as hair loss. Its anti-inflammatory properties are useful in reducing skin inflammation and swelling.
- **Ginseng:** by reducing stress and boosting energy levels, ginseng can help target stress-related health issues that may be causing skin problems. By keeping stress at bay, it gives the body the chance to strengthen its own immunity, allowing skin infections to heal quickly.
- **Ginger:** a common ingredient in Chinese cuisine, this herb is ideal for dry skin. It can help relieve muscle tension in the face by warming the body and relaxing tight muscles.




# DIY Chinese Beauty

**Here are five DIY Chinese beauty tips that will have you blossoming in beauty this spring:**

1. **Eat fruits and vegies in season** – in Chinese medicine, spring is a good time to rejuvenate the body. To make the most of the spring bliss, eat fresh, in-season produce to help the body start anew.
2. **Drink water at room temperature** – while cold water is refreshing in its taste, it's bad for the digestive system. Cold drinks injure our stomach and the spleen's ability to digest. Digestion is the key to good health and remember: good health means glowing skin!
3. **Combat dry skin** – if winter sapped your skin of its moisture, now's a good time to start getting moisture levels up again. Soak cotton buds in warm ginger tea and dab it on the face. This will help bring forth moisture to the skin's surface.
4. **Pinch the jawline** – this will stimulate the skin and lift the jowls.
5. **Massage the crow's feet** – gently massage the outer canthus of the eye and make stroking actions towards the ear. This will help reduce the appearance of crow's feet and increases circulation in the area. NH

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# The clarity equation

**Raw beauty queen KEMI NEKVAPIL shows you how to find your focus in a fast-paced modern world.**



**Kemi Nekvapil**
keminekvapil.com



"I am so busy." "I am so stressed." "I am so exhausted."

Have you said any of these phrases, or something similar, in the last 48 hours? If your answer is "yes", I have some questions for you.

Are you busy doing fulfilling, life-affirming activities?

Are you stressed because you are following your life's purpose?

Are you exhausted because you are fighting the good fight?

Life will always bring to us challenges, setbacks, obstacles, and the occasional full-blown crisis, but these are easier to overcome if we are focusing on the right things.

Are you focusing on the right things?

Are your days filled with a sense of purpose and possibility, or are your days filled with "I must" and "I should"?

Most people profess that they do not have time for the things that they really want to be doing, but the reality is we all have exactly the same amount of time, and there are many people who are doing what they want to be doing with their lives.

These people are clear on what they want to be doing or want to be having in the first place and have then set about letting go of the 'stuff' that clouds that clarity.

Do you want a passionate relationship, a purposeful career, to travel, to make a difference?

Look at what you are doing now; is it aligned with what you truly want for your life?

Here is a simple but powerful coaching exercise that you can do for yourself right now.

Take a piece of paper and list your three biggest dreams or desires.

Now look at your day tomorrow and see if there are any actions you will be taking that are in alignment with your hopes, dreams and desires.

If you are taking regular action in the direction of your dreams, keep going.

If you are not taking any actions towards your dreams and desires, it is time to make some room for them.

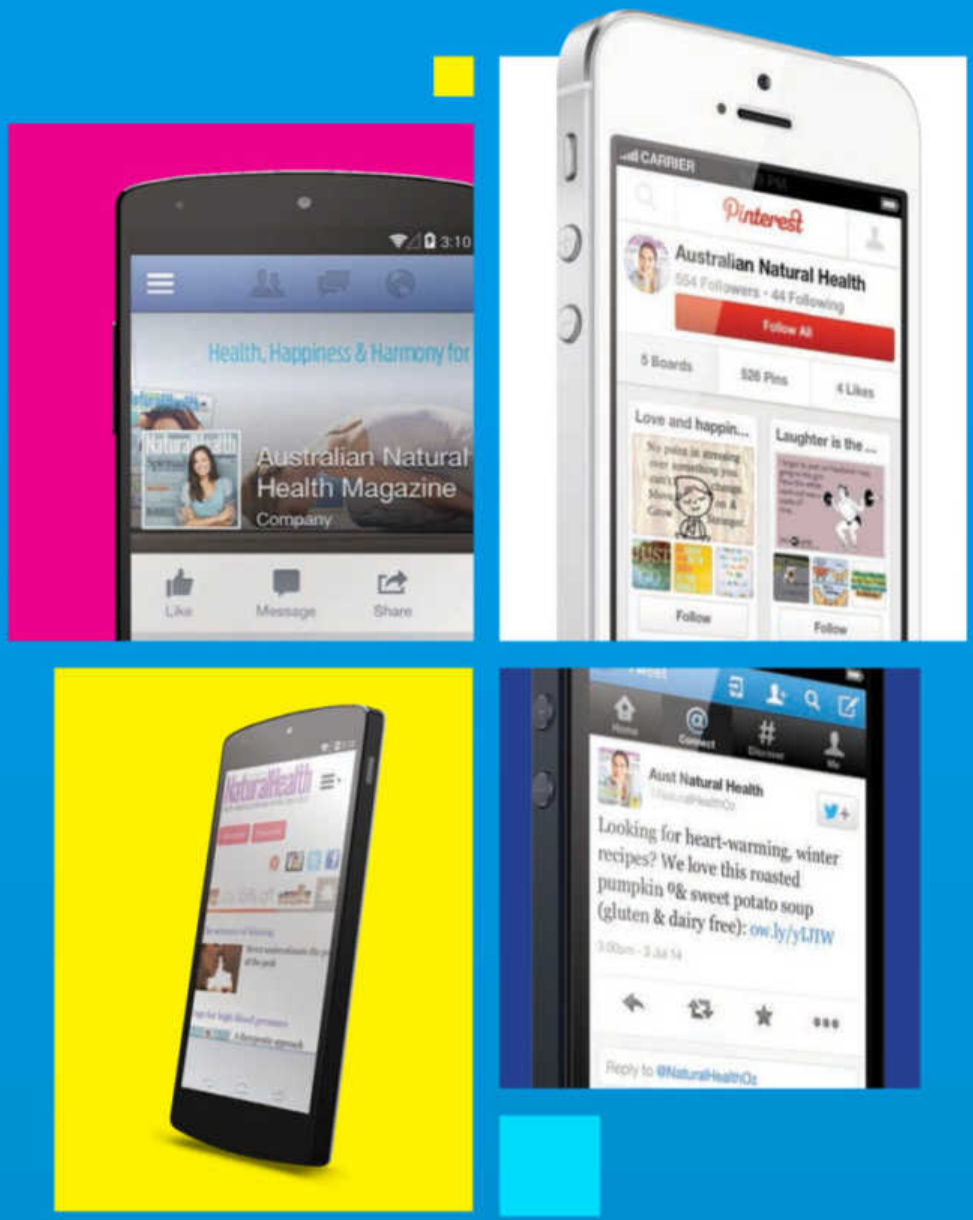
Momentum makes all the difference: start small if you need to, just one action a day, but keep up the momentum and you will be on the path to creating what you really want from life.

Exhaustion, stress and busyness are perfect bridges between what we have and what we want.

They can illuminate for us what we do not want and force us to stop and make those hard decisions, or they can be the perfect excuses for not doing anything at all.

Getting clear on what we want and where we are going, and getting rid of all the other stuff, not only lessens our stress, exhaustion and busyness, but it also allows mental space to create more, be more, give more and dream more. NH

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# The YOGA Reboot

**According to weather reports, Melbourne has just experienced its coldest winter in 65 years, and the Commonwealth Department of Health & Ageing has confirmed that by late July there were a total of 19,277 laboratory notifications of influenza recorded in Australia. Our bodies are vulnerable to infection during winter, so it takes time for our systems to recover. But through the ancient practices of *asana* (posture), *pranayama* (breathing exercises) and meditation, we can give our vital organs and systems a complete reboot so we feel ready to embrace the spring and summer months ahead.**

WORDS: EMMA PALMER

The heralding of spring confirms the end of the long cold winter. It is a sign for us to embrace the warmth of the sun on our faces and to get ready to immerse our bodies in the invigorating ocean. Our skin screams out for hydration as the layers of dead cells shake themselves off and our stricken immune systems reset from the battering of pathogens faced during winter. The yoga reboot helps us feel motivated and reawakens our vigour for life. It gives us the strength and inspiration to overcome anything the day throws at us. With the harsh weather behind us, it's time to roll out our yoga mats and face the rising sun of spring.

## Love the skin you're in

The skin is the largest organ of the body and is responsible for a variety of physiological functions and processes including thermoregulation, protection against pathogens, sensation, waste removal, oxygen absorption, evaporation, perspiration,





storage of nutrients and water resistance. During winter, the low humidity levels draw out moisture from the skin, leaving it feeling dry, itchy and flaky. This is where the practice of asana such as Surya Namaskar (salute to the sun) can help.

Asanas such as spine twists, inversions, and seated forward bends are great for boosting our natural regeneration of gut flora post infection, particularly if antibiotics were consumed to fight off the bacteria. Gut flora have a continuous and dynamic effect on our systemic immune responses, stimulating the lymphoid tissue associated with gut mucosa, as well as the production of antibodies to help fight potentially harmful pathogens.

As the skin is the largest organ of the body, the health of this organ is vital as it is our first line of immune defence against potentially harmful microbes and pathogens.

## Don't fret to sweat

The heat generated in a vinyasa yoga class on an energetic level is known as *tapas*. Tapas is the heat created through conscious physical effort, which in its traditional form is generated to burn our past karmas. On a physical level, however, this heat regenerates the skin by increasing transport of circulatory nutrients through the blood, increasing sweat production, which further detoxifies impurities from the skin, and boosting the natural endorphins that give us that blissful yoga high after a strong practice.

As the skin is the largest organ of the body, the health of this organ is vital as it is our first line of immune defence against potentially harmful microbes and pathogens. Our ability to sweat through our yoga practice comes from our major glands known as apocrine and eccrine glands, responsible for the detoxification process where the body burns impurities through a heated practice. Our bodies house over five million sweat glands, found all over the body, with 65,000 found in the

palms of the hands. This perspiration reflex is governed by the medulla oblongata, located in the brainstem. One of the major benefits of practising a strong heated vinyasa is the significant increase in perspiration, which helps to eliminate waste through the sweat glands. The maximum sweat rates of the average adult are around 10 to 14 litres a day; however, this greatly depends on the intensity of physical movement accomplished. Through perspiration, the pores within the skin begin to open and therefore remove impurities that tend to cause blockages within the skin that can lead to skin conditions such as acne, a condition commonly more prevalent in the warmer months.

**When we experience stress over a significant period of time, the nervous system constantly signals the adrenal cortex to release the stress hormone cortisol, which causes sebum production to increase and causes blockages within the pores of the skin that lead to acne.**

## Stress less this spring

We all know the effects that stress has on many areas of our life and health, but stress also has a negative impact on the skin. When we experience stress over a significant period of time, the nervous system constantly signals the adrenal cortex to release the stress hormone cortisol, which causes sebum production to increase and causes blockages within the pores of the skin that lead to acne. The practice of yoga postures such as forward bends tend to increase the parasympathetic aspect of the nervous system, which helps the body on a cellular level to relax and increase the assimilation of digestion, and improve the removal of waste.



As a result, cortisol levels naturally decrease and the skin begins to restore itself naturally.

## Revitalise the lungs

As our lymphatic system has worked hard during these cold winter months to fight off infection, it is essential to rebuild this system back to a healthy balance post infection. The practice of deep yogic breathing multiplies the function of lymphatic cleansing by 15 times the normal rate. This is created through a vacuum effect that literally sucks lymph through the blood stream and accelerates the pace at which the lymph eliminates toxins.

The most profound and cleansing breathing practice in yoga is Kapalabhati, also known as the skull shining breath, which must only be practised under the guidance of a qualified yoga teacher as it does carry cautions and contraindications.

Kapalabhati includes the application of strong exhalations generated by powerful contractions of the lower belly pushing air out of the lungs. The inhalations release this contraction, drawing air back into the lungs. The rapid exhalation assists in the removal of accumulated toxins within the cells and tissues of the lungs and digestive system. The cleansing action this breathing practice has on the lungs also supports the propulsion of stale mucous from the base of the lungs left behind from a winter respiratory infection, including bronchitis.

## Hydrate! Hydrate! Hydrate!

One of the most common prerequisites prior to attending a vinyasa yoga class is to ensure effective hydration. When we practise fully hydrated, our heart works more efficiently to pump blood throughout the body, which means oxygen and nutrient transport is delivered to the muscles during the practice. This results in having the energy you need to maintain the practice, particularly during the limbering series at the start of the class and when using the larger muscle groups in the standing and balancing postures. Hydration helps to put back in the water we lose from increased perspiration that is a natural byproduct of a vinyasa class.

The need for a higher water intake is essential as we move into spring in order to maintain healthy skin, support digestive enzyme production, and increase detoxification through the skin, lymph, bowels, lungs and kidneys. Increased water intake in spring also stimulates metabolism, which can tend to be a little slower during winter, which further boosts the absorption of essential vitamins and minerals. When we support the health of the body on the inside, we support the skin on the outside, and boost that wonderful yoga glow post practice.

## Reboot the mind

The mind unfurls itself from hibernation; just like the fern unfurls itself in spring. The early morning sunrise creates a wonderful canvas of inspiration for us to *carpe diem* and we become more likely to roll out our mats for a 6am practice and reset the mind into a more inspired space. We feel inspired to wake up a bit earlier, to seize the day ahead, and welcome any opportunities that come our way. In a way, we experience a sense of gratitude for our health and vitality that seems missing during winter.

The psychological reaction to winter means that we tend more towards activities that increase hibernation, which commonly lowers mood and leads to conditions such as seasonal affective disorder. There is something very special about those early days of spring, and a new zest for life begins to unfold.

The true benefits manifest through the dedication of the consistency of the practice known in yoga as *Abhyāsa,* which literally translated means dedication to the practice consistently over a long period of time. When we dedicate ourselves to our asana and pranayama practice, consistently and over a long period of time, we no longer become affected by the roller-coaster of the psychophysiological reaction to winter. We begin to journey through the changing seasons with greater ease and our practice becomes a preventative measure to managing the effects of the more challenging colder months when they next cycle through.



*Emma Palmer, (E-RYT-500 and Level 3 senior yoga teacher), is the founder and principal teacher at the Moksha Academy of Yoga in Melbourne. For more information, visit* **mokshayoga.com.au**

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# The *Prince Charming* MYTH



**MEL RYAN, kinesiologist and author of Soul Talk Earth Walk, helps us understand and debunk the macho man ideal.**

In much of our past it was assumed that men were the strong ones – men went to war, men were the head of the house, men made decisions for the family, children were disciplined when their father got home, men kept their families safe in times of danger and boys were taught that real mean don't cry. Yes, men have been seen as the strong ones, the providers, the protectors.

Let's add to that the idea I like to call the 'Cinderella concept', which is something I deal with every single day in my clinic. We all know the story, but let's look at Cinderella's mindset: Someone will come along and be my knight in shining armour (my soul mate) and save me and I will live happily ever after. When I meet 'the one', he will make my life better. I will be complete.

But has it come at a cost to our men? Men tend to put off getting any kind of help because they think they are supposed to be tough, self-reliant, and able to manage pain and take charge of situations. This can make it hard for them to acknowledge that they have any health problems, let alone a mental health problem. It's a catch 22 that has seen the rates of anxiety and depression among men skyrocket, with statistics from beyondblue showing that one in eight men will have depression and one in five will experience anxiety at some stage of their lives. Add to that the fact that men are less likely to talk about it, which in turn increases the risk of their depression or anxiety going unrecognised and untreated.

Depression is a high risk factor for suicide and, in Australia, there are approximately 2,200 suicides each year. eight per cent are by men – with an average of five men taking their lives every single day. It is the leading cause of death for men under the age of 44, significantly exceeding the national road toll.

So what, exactly, is the cause of these feelings of helplessness, worthlessness and vulnerability?

In the male belief system (a way of thinking developed in childhood that unconsciously influences their decisions and thoughts daily for the rest of their lives) they identify with Prince Charming. They must be the one to ride up on a horse, find a woman and save her from everything and anything, then care for her and make sure she lives happily ever after. Wow! No pressure.

Now, let's move forward to 2015 – an age where women work, run businesses, committees and households, control their finances and find ways to make themselves happy. In a nutshell, they rely on men's previous generational role less and less. In some households women are the breadwinners. They have a voice, an opinion. They know what they want and are determined to get there; they are extremely self-capable.

So where does this leave men? In a world where women can be independent, self-reliant and save themselves, has the stereotypical male role of prince, provider and protector become redundant? Women have taken over many of the roles men used to have that previously enabled them to feel empowered, so it is no wonder many are feeling lost and confused.

## WARNING SIGNS

- Hot and cold flushes
- Racing heart
- Tightening of the chest
- Snowballing worries
- Obsessive thinking and compulsive behaviour
- Feeling worried
- Lack of interest in everyday activities
- Restlessness
- Easily irritated
- Lacking energy
- Difficulty concentrating
- Muscle pain (e.g. sore jaw or back)
- Trouble sleeping (e.g. difficulty falling or staying asleep or restless sleep)



Feeling lost, confused, down, trapped and helpless is not weakness, it is a reflection of: 'I am so busy trying to make you and everyone else happy that I have never let myself think about me. I thought I had to be a knight in shining armour for you but I couldn't work out how to save you. I have no idea how to do that, so I feel inadequate and have no idea where I fit into your life. All the rules that I was taught have changed.'

> Depression is a high risk factor for suicide and, in Australia, there are approximately 2,200 suicides each year.

Or 'How did I get here? I am in a job I hate. Even if I did know what I wanted to do there is no way I could fulfil that. I need to earn money to support my family. We have a mortgage, kids in high school and bills to pay. I am responsible for making it work for everyone. If I did change careers, there wouldn't be enough money coming in, so I have no choice. I am trapped.'

Historically, the man was important – he was the head of the house, he was looked after because he sacrificed himself for the good of the family. Now a man comes home to an equally tired wife, kids, and everyone wants something, and the fact that he sacrificed himself for the good of the family today in a job that he hates goes completely unnoticed.

When a man wants to feel important, needed, or that he is the knight in shining armour, he looks to his family. And this is where he finds his kids on the Internet, who challenge his ideas – proving he no longer knows everything; and women who are stronger and more independent than ever before – who paint their own walls, take out the garbage and pay for their own dinners. When it comes to child rearing, women tell men continuously what they are doing wrong (because that was their traditional role and their generational upbringing gives them the belief system that women do it better), which leads to men not knowing where to start or what to do, so they are now too scared to do anything because nothing they do is right. That shining prince on his white horse might as well turn around and head back to the castle.

Men are souls in a body, and just like every single one of us, they are trying to work themselves out. But men have never been allowed or, more to the point, allowed themselves to focus on who they are and what brings them happiness and fulfillment. In the fight for gender equality, it seems women have gained so many freedoms but left men feeling emotionally stifled.

To the women of 2105 – It has long been said that men don't talk, that they don't show emotion. That may have been the case generations ago, but it's not the case now. Let me reassure you that from years of working with male clients, they do talk and they do it well. Maybe we too need to change our perception on that. More importantly, maybe we need to listen and listen well, without the preconceived idea that because they are men they should have it all together.

To the men of 2015 – Allow yourselves to find who you are and be you, not the generational strongman version of you. Try new things, empower yourselves not in what you do but in who you are. Listen to yourselves, how you feel and what you want in life and, most importantly, communicate it. It is the path to happiness and the path for the future. You need to be your own knight in shining armour and fight for you. (This, in turn, will teach your sons to fight for themselves.) You, after all, are the most important person in your life.

So what happens when the man climbs up the tower and rescues the damsel in distress? As Julia Roberts famously says in *Pretty Woman*: "She rescues him right back."

Now that's our idea of gender equality. NH

*Mel Ryan is a mother, a wife, a boss, a business owner, a spiritual advisor, a healer, a kinesiologist, and a soul in an Earth bod. Visit* learningtoloveyourself.com.au

*If you or someone you know is suffering from depression or anxiety, contact beyondblue on 1300 22 4636, or visit *beyondblue.org.au*

## SUPPORT NETWORK

### National

**Reconnexion**

1300 273 266 or (03) 9886 9400

Information and support service line available from Monday to Friday, 9am to 5pm.

**Anxiety Recovery Centre Victoria (ARCVIC)**

1300 269 438 or (03) 9830 0533

Support, information and referral line for mental health care providers, people with anxiety and their families and carers. Available from Monday to Friday, 10am to 4pm.

### ACT

**Mental Health Foundation**

(02) 6282 6658

Information and referral line available from Monday to Friday, 9am to 5pm.

### NSW

**Mental Health Association NSW**

1300 794 992

Information and referral line, available from Monday to Friday, 9am to 5pm.

### VIC

**Anxiety Disorders Association of Victoria Inc (ADAVIC)**

(03) 9853 8089

Telephone support and information service available Wednesday to Friday, 10.30am to 4pm. Closed on public holidays and weekends.

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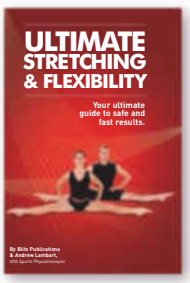
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# Are we going too fast?

**Burnout hits when stress becomes a constant. KATE TOHOLKA explores how our busy lifestyles are impacting out health, and why we need to slow it down.**



**Kate Toholka**
katetoholka.com

Stress is an inevitable part of being human. It's our survival mechanism and in-built alarm to prepare our bodies to save ourselves in the face of threats. However, stress becomes the threat itself when it is prolonged.

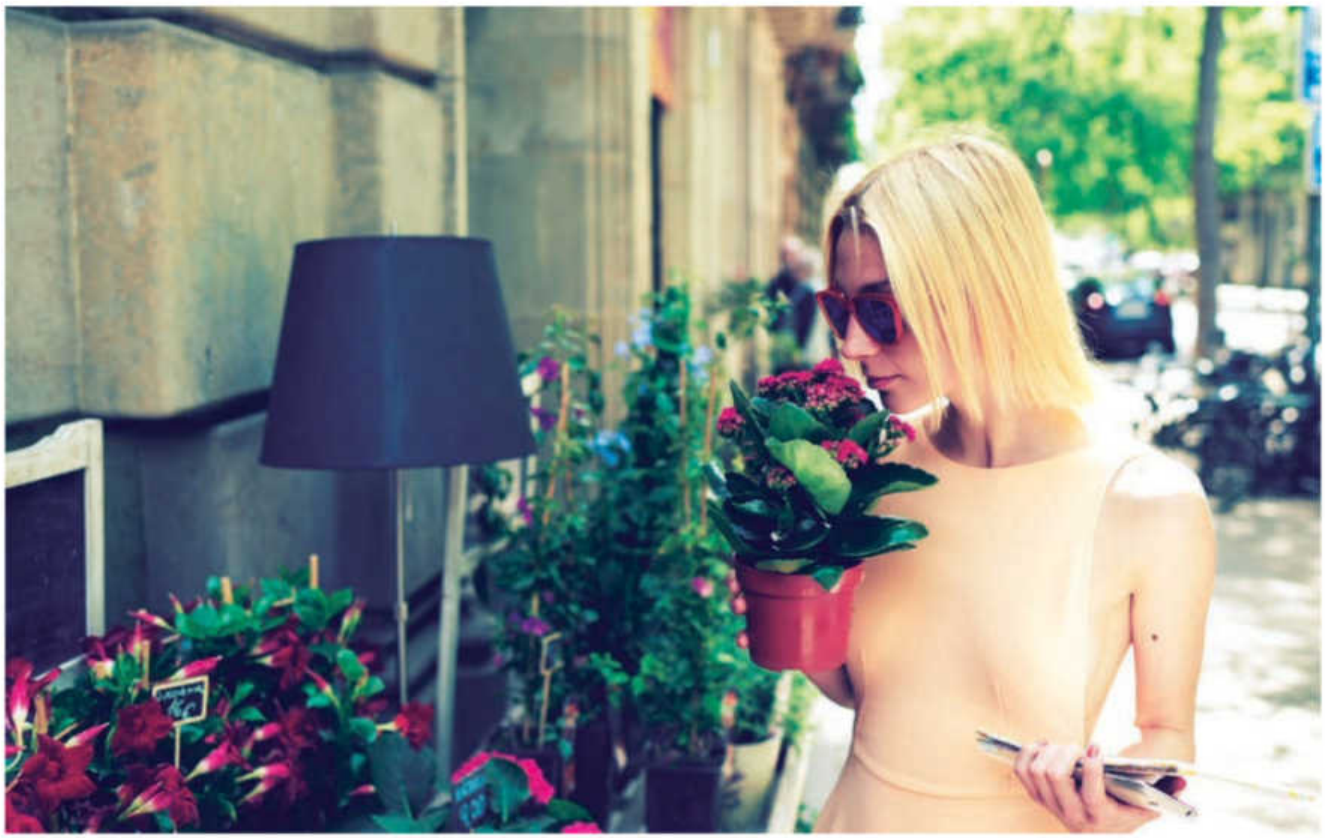
I'm sure you've heard of all the various ailments and diseases you should expect if you experience chronic stress. Heart disease, stroke, diabetes, arthritis, Alzheimer's, anxiety and depression are all candidates. You could even argue that all diseases have an element of chronic stress to them. There is no doubt that having constant and prolonged stress is harmful to our health.

So, why are we so stressed all the time? Is it because we do too much and expect too much?

Western culture is all about doing everything at once. We have gadgets that make our businesses and lives run 10 times faster. We've become a nation of multi-tasking extraordinaires. We create technologies that do things for us. And we pay our hard-earned dollars for people to do our dreaded menial jobs. The whole concept of taking it slow and easy is for the alternative, hippy, bush-loving environmentalist. Not the 'normal' population. If I started a revolution, it would be a revolution against 'busyness'. We are not meant to be running around with deadlines and people pulling us left, right and centre.

The fast-paced lifestyle has only really taken off in the last 50 or so years. Think back to our ancestors, thousands of years ago, or even a hundred years ago. Their pace of lifestyle was slow, very slow. They didn't need to run around town or call 50 people a day. Clearly they didn't have the technology back then, but technology has enabled us to fast forward our lifestyle at a phenomenal speed. We have the potential to do so much more in much less time! Therefore we feel like we should be doing so much more in much less time. Our bodies simply have not evolved (yet!) to withstand the constant stressors we place on ourselves.

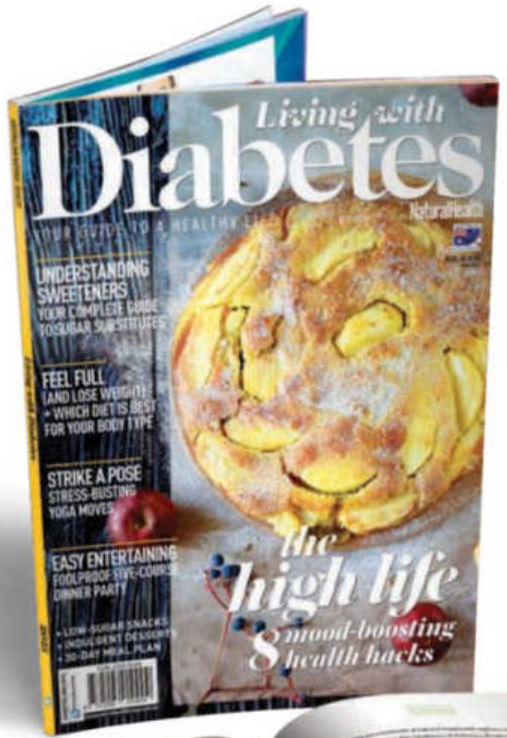
Maybe the answer to our stress woes is to simply slow down. Take the time to be in the moment, to savour what we already have and to release unrealistic expectations of our self. It might just be enough to prevent that burnout that is rapidly approaching. NH



THINKSTOCK

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# Impulsively hungry

**ELENA IACOVOU helps us overcome emotional eating.**

Our emotions and eating behaviours are intimately connected. When food becomes a coping strategy to numb the way we feel, a pattern of comfort eating emerges. By simply enhancing emotional awareness to recognise our habits, we can break this cycle.

Have you ever sat down to eat a bowl of ice cream after a painful phone call with your mum? Or found yourself at the drive-through after a really awkward date? A simple way to see if you eat to satiate emotions rather than out of hunger is to stop and take a look at what is happening.

"Ask yourself, 'Am I hungry?' If you are not, it is likely you are reaching for food for some other reason," says eating psychology coach Cordelia Vecchio, founder of The Nourish Affect (thenourishaffect.com.au).

"Emotional eating is simply what happens when we turn to food to help us feel better. It is the times when, consciously or unconsciously, we eat to escape an emotion, thought, or feeling we don't want to face. It is a coping mechanism."

## Uncovering your personal eating story

Emotions and eating combine from an early age. "Since we were babies, food meant love, security, comfort and satiation," Vecchio says. "Our parents might have rewarded us with food, and then we continued the pattern of associating food with good times."

On the flip side, negative self-talk, emotional dissatisfaction, feelings of loneliness, boredom, anxiety, grief and pain trigger us to reach for food to numb the feelings, Vecchio explains.

Supported by science, a 2012 study by researchers at Case Western Reserve University found that people-pleasers eat more to match the peer's eating, to make the peer feel comfortable, and to maintain social harmony by giving in to social pressure.

For some, food might be the quickest way to feel good after a long, hard day. Research from the Finnish Institute of Occupational Health suggests that women experiencing occupational burnout, due to chronic work stress, are more vulnerable to emotional and uncontrolled eating, affecting their weight and their likelihood of developing obesity.

"These things are the layers of our food story and none of them are bad," Vecchio says.

"By bringing awareness to them, we have the power to acknowledge them, learn from them, and begin creating something new."

## The role of the mind

When feeling low or depressed, stress levels rise, releasing cortisol, a stress hormone that affects the desire to eat. If we're feeling depressed, it is possible at that moment, we don't have enough of the 'feel good' hormone, serotonin.

"These physiological changes occurring in the brain trigger our urge to eat out of emotions," says health coach and nutrition expert Courtney Berlin, founder of Fit Girls Eat Burgers. (fitgirlseatburgers.com)

"Simple carbohydrates like cakes, bagels and white pasta give us a rush that causes the brain to send out serotonin. When that is released, we instantly feel better, but for just about everyone it is short lived. There is a high from the food and then a low.

"Once you become aware of this, just stop, and really evaluate why you are reaching for more food. Using the power of your mind will help you truly understand the 'why' of the situation," Berlin says.

Because clarity is king, begin by making sure you are eating the right combination of carbohydrates, protein and fats, to help head off cravings.

Pay attention to the voice in your head, Berlin says. You can talk it up and tell your brain, 'I know what you are doing; this is a physiological feeling from emotions.' Wait it out and if it becomes unbearable, simply grab that food item without beating yourself up about it.

A tool you can use is HALT. Ask yourself, am I really hungry? Am I really angry? Am I lonely? Am I tired? These questions raise awareness of which part of the body is in need of food. Write down what you are feeling, in that moment, before opening the refrigerator. You just might catch yourself and talk yourself out of a tough moment, Berlin says.

Mindfulness, Vecchio says, is the power of being right here, right now in thought and behaviour that affords us the ability to change our actions and create new patterns.

"Be mindful between emotional eating events. It is the in-between times which help build up resilience. During emotional eating events, stop and ask, 'what am I feeling?' 'Is there a message in this?' Be kind during this relearning phase. The journey informs the destination and kindness gives strength to the goal."

## Linking emotion to food

When we look at what our go-to comfort food item is, and we link it to the organ that will be affected, then we can establish the underlying emotion we are dealing with and get to the bottom of the issue more quickly.

"Working with the awareness of what is going on is key," says emotional strength trainer Amanda Foy. (amandafoy.com.au).

"It is essential to understand that emotional eating has an anatomy, and when you put the pieces of the puzzle together, you rise above the guesswork. There will be patterns, there will be life events, and there will be triggers. By linking the food of choice and understanding the emotion associated to it, we are onto a winning recipe."

### LIVER

Function: The liver produces, stores and releases glucose depending on the body's needs.
Food: Sugar
Emotional trigger: Anger



### GALL BLADDER

Function: Stores bile, which helps break down and digest fats.
Food: High fat
Emotional trigger: Resentment, bitterness, hard thoughts.



### KIDNEYS

Function: The kidney' filter blood, which is like your body's natural toxin filter.
Food: High in fat, salt and sugar, alcohol, smoking
Emotional trigger: Fear



### HEART

Function: Blood pressure
Food: Salt
Emotional trigger: Unresolved, long-standing emotional problems, hard thoughts (hardening of the arteries), insecurity.



### Bowel

Function: Releasing waste
Food: All the above foods, which have not been digested optimally.
Emotion: Fear of letting go of the old and no longer needed.

## Spirit connection

We eat even when we're not hungry to fill something we often cannot name. We don't know why we're eating or what we're actually looking for. Food is used to distract us from the basic feeling of being uncomfortable within ourselves. So what are we looking for?

"What we are looking for is a sense of being at home, being at peace within ourselves," says Geneen Roth author of *Women Food and God*. (geneenroth.com)

"And you cannot feel peace by shaming, depriving, blaming and punishing yourself," she says.

The first thing spirit brings is an understanding that in fact there is a good reason why we are doing what we're doing, Roth says.

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"These physiological changes occurring in the brain trigger our urge to eat out of emotion."

"We might not know it yet, but when we're open to finding out, we begin a process of compassion and kindness towards ourselves, and a willingness to understand why we are using food for comfort."

## Going within

Turning back to understand ourselves is challenging to do because we live in a culture that emphasises looking outside ourselves. The attitude also exists that overeating is some kind of pathology, or a kind of madness, illness or sickness that needs to be fixed before we can look any deeper.

"Eating when we are not hungry, or not stopping when we have had enough, is itself the doorway to understanding ourselves," Roth says.

"We don't need to be fixed before we start understanding ourselves.

Overeating causes such suffering that if we are willing to use it as the doorway into ourselves instead of as the way to distract and leave ourselves, then it changes the entire situation."

Roth says to find out if you are judging, shaming or punishing yourself. If you are and there is that voice – the inner critic or inner parent – it will keep you from understanding yourself and that is the biggest obstacle for any kind of change.

She also recommends welcoming what you are feeling instead of trying to fix it or get away from it. This will lead you to understand yourself. Be curious and open and find where that emotion is located in your body. Instead of telling a story about it and dredging up the entire past, just find out where it is now.

Reason being, underneath all that, basic peace and joy exist, says Roth.

"When we touch into it, we get very happy, feel very light and feel as if we already know that place. Coming back to us feels so familiar. This is truly who we really are."

## Create new coping mechanisms

Instead of reaching for food, incorporate enjoyable strategies into your daily life.

Vecchio suggests: walk to stimulate the brains happiness chemicals; breathe deeply to create a relaxation response; meditate to reduce stress levels; do one thing every day that you think is fun.

Roth suggests: Do what makes you feel most alive. Be yourself, have confidence, and trust who you are. NH

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www.planetorganic.com.au




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# Magic of the *Mediterranean*

**Dr Catherine Itsiopoulos shares a delicious Mediterranean-inspired feast**



## Coral lettuce with a spring onion and sundried tomato vinaigrette

**SERVES 4**

**INGREDIENTS**

- 1 green and red coral lettuce, washed and roughly chopped
- 3–4 sundried tomatoes, thinly sliced
- 4–5 spring onions, thinly sliced
- 2 tbsp olive oil
- 2 tbsp red wine vinegar or apple cider vinegar
- 2 tbsp mixed seeds (pumpkin, sunflower, sesame), toasted in a dry frying pan
- Freshly milled sea salt, to taste
- Freshly ground black pepper, to taste

**METHOD**

Put lettuce in a large salad bowl. In a container with a tight-fitting lid, make a dressing by combining sundried tomatoes, spring onions, olive oil, vinegar and seeds. Season with salt and pepper and shake well. Pour dressing over lettuce and toss to combine.

## Whole mussels with rice

**SERVES 4**

**INGREDIENTS**

- 2 tbsp olive oil
- 1 medium onion, finely chopped
- ½ red capsicum, finely chopped
- ½ green capsicum, finely chopped
- ½ yellow capsicum, finely chopped
- ½ tsp chilli flakes or 1 fresh chilli, deseeded (optional) and finely sliced
- 1 cup rice
- 1 ½ cups water
- 1 cup white wine
- 1 kg mussels
- Freshly milled sea salt, to taste
- Freshly ground black pepper, to taste
- 2 tbsp chopped fresh flat-leaf parsley

**METHOD**

Heat olive oil in a large heavy-based saucepan over medium heat and sauté onion, capsicum, and chilli flakes until onion is translucent and capsicum is soft. Add rice and cook, stirring frequently, until rice starts to become translucent. Add water, bring to a boil, then reduce heat and simmer for 5 minutes, or until rice is almost cooked.

In a separate saucepan, pour wine over mussels. Bring to a boil, then reduce heat and simmer until mussels open. Stir mussels and wine through rice mixture, then cook for a few minutes, or until most of the liquid has evaporated and rice is cooked through. Season with salt and pepper, garnish with parsley, and serve.





## Cavolo nero with borlotti beans

**SERVES 4 (AS A SIDE)**

**INGREDIENTS**

- 2 tbsp extra-virgin olive oil
- 1 medium red onion, chopped
- 1 clove garlic, finely chopped
- 1 bunch cavolo nero (Tuscan kale), roughly chopped
- 1 small red chilli, deseeded (optional) and finely sliced
- 1 cup puréed tomato
- ½ cup water
- 1 x 400 g can borlotti beans, drained

**METHOD**

Heat olive oil in a heavy-based medium saucepan over medium heat and sauté onion and garlic until onion is translucent. Add cavolo nero and chilli, then sauté for 2 to 3 minutes, or until cavolo nero is wilted. Add puréed tomato and water, then stir well. Bring to a boil, then reduce heat and simmer for 5 minutes. Add borlotti beans and simmer for another 5 minutes.

## Baked quince

**SERVES 6**

**INGREDIENTS**

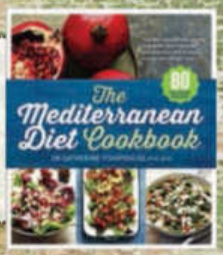
- 2 large or 4 small quinces
- ¼ cup brandy (we use Metaxa 5 Star)
- ½ cup honey
- ½ tsp cinnamon, plus extra to serve
- ¼ cup hazelnuts, crushed
- 4–5 dried figs, soaked for 30 minutes to soften, then drained and chopped
- Thick Greek-style yoghurt, to serve

**METHOD**

Preheat oven to 150°C and grease a baking dish. Scrub quinces to remove outer fur, then cut in quarters and place in prepared dish. Mix brandy with honey and pour over quince. Sprinkle over cinnamon, hazelnuts and figs. Cover dish with aluminium foil and bake for 90 minutes, or until quinces have caramelised and turned deep orange. Serve warm with a dollop of yoghurt and sprinkled with cinnamon. NH

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*Recipes and images from* The Mediterranean Diet Cookbook *by Dr Catherine Itsiopoulos, RRP $34.99, by* **Macmillan Australia**






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SCAN PAGE TO PURCHASE *THE MEDITERRANEAN DIET* COOKBOOK



# Coco crush

**Give yourself the gift of great-tasting health this spring with nutrition-packed raw vegan goodness by Coconut Magic founder JENNI MADISON.**



## Berry bliss bars

**SERVES: 12 medium-size pieces**

**INGREDIENTS**

- 1 cup coconut butter
- 1 cup organic blueberries, washed and drained
- 2 tbsp coconut oil
- ¼ cup coconut nectar
- 2 tsp vanilla essence

**METHOD**

Combine all ingredients in a food processor until the mixture is smooth. Line a 23 x 23cm pan with parchment paper, leaving some paper sticking out over the sides.

Put the mixture into the pan and spread it out evenly. The mixture is very thick and you may need to use a wet spatula to help spread it evenly. Gently press down using the extra sides of parchment paper. The paper will lay flat as the mixture is pressed down. Refrigerate for about 15 to 20 minutes. Cut into medium-size pieces and serve.

Store in the fridge in a sealed container for up to 2 weeks.

## Raw apple pie

**SERVES: 6**

**INGREDIENTS**

**Crust**

- ½ cup pecan nuts, soaked
- ½ cup walnuts
- ¼ cup dark raisins
- ½ cup dried brown figs
- 2 tbsp coconut oil
- Pinch of pink salt
- Pinch of nutmeg

**Filling**

- 2 whole apples, peeled and quartered
- ¼ cup brown figs, chopped
- ¼ cup pecan nuts, chopped
- ½ tsp cinnamon powder
- ½ tsp coconut nectar
- ¼ cup coconut oil
- Pinch of pink salt
- 1 tbsp flax seed powder, ground
- 1 tbsp coconut flakes

**METHOD**

Process all crust ingredients in a food processor until almost smooth but still a little chunky. Then press into an 18cm round pie tray and refrigerate. Combine all filling ingredients in a blender until smooth. Pour over the crust. Decorate with extra figs, walnuts and coconut flakes. Refrigerate for at least 2 hours before serving. Best served with whipped coconut cream.






This is an edited extract from *The Healthy Coconut* by Jenni Madison, $39.95 from *www.coconutmagic.com*

# Bounty bars (top)

**SERVES: 15 pieces**

**INGREDIENTS**

**Filling**

- ½ cup pecan nuts, soaked
- ½ cup walnuts
- ¼ cup dark raisins
- ½ cup dried brown figs
- 2 tbsp coconut oil
- Pinch of pink salt
- Pinch of nutmeg

**Filling**

- 3 tbsp cashews, soaked for a few hours and rinsed well
- 3 cups shredded coconut
- 2 tbsp coconut flour
- ¼ cup coconut oil, melted
- ¼ cup coconut nectar
- ½ tsp vanilla powder
- Pinch of pink salt

**Chocolate coating**

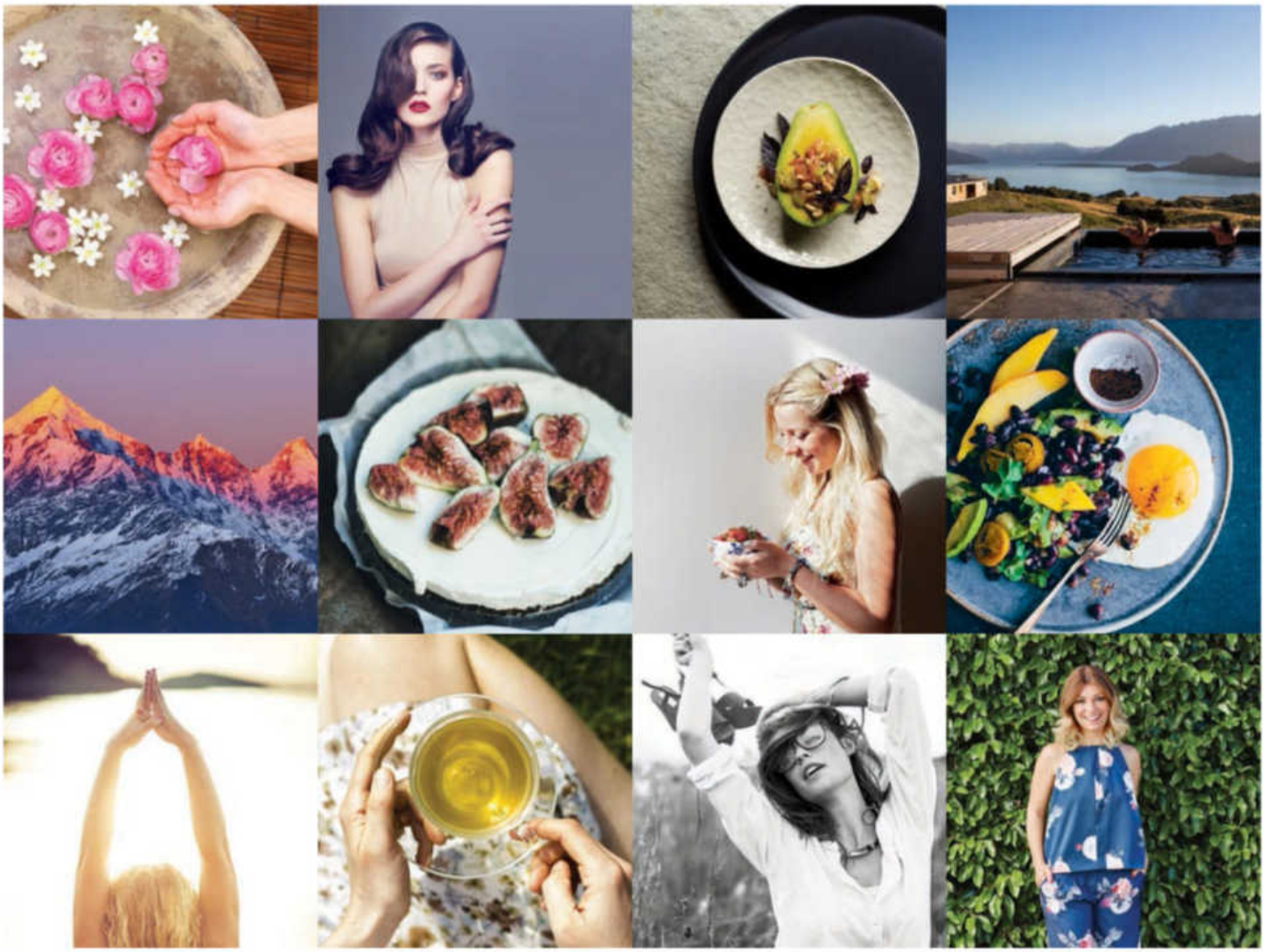
- ½ cup coconut oil
- ½ cup cacao butter
- ½ cup cacao powder
- ¼ cup coconut nectar
- ½ tsp vanilla powder
- Pinch of pink salt

**METHOD**

In a food processor, process all the ingredients for the filling. Pulse until a soft, crumbled and sticky texture is formed. Allow the filling to rest in the freezer for 15 minutes. For the chocolate coating, melt the cacao butter and the coconut oil in a saucepan. Blend all the chocolate coating ingredients together in a blender. Remove the filling from the freezer and with your hands, shape into rectangle bars. Using a fork, dip each ball into the chocolate sauce. Coat chilled coconut filling in raw chocolate. Remove from the chocolate and place on a non-stick sheet or greaseproof paper. Place in the fridge until the chocolate has set. Enjoy straight from the fridge or freezer. NH

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# LIMA, *I'm in love*

**Once a one-night layover route to Machu Picchu, Peru's colourful coastal capital is now a travel destination in its own right. MIRANDA LUBY writes.**



Set between the foothills of the Andes and the sandy seaside cliffs of the Pacific coast, the sprawling city of Lima is a melting pot of old and new, natural beauty and modern city life.

Overgrown green cacti crawl up colourful colonial facades, gardens full of flowers wind their way along the waterfront, flashy world-class restaurants, shopping complexes and stately museums meet cozy and traditional *bodegas* and *cevicherias*, bustling food markets and lively street art – Latin America meets a touch of California.

This Peruvian city has truly popped and become a thriving South American destination for exquisite food, an immersive cultural experience and some serious fun.

And the city hums its colourful tune the loudest in a quaint seaside suburb just south of Lima's centre. Set high on a cliff, Barranco – a former holiday destination for wealthy Peruvians of the 1920s – is now a romantic and brightly painted bohemian haven boasting boutique art galleries, atmospheric bars and nightclubs pulsing with tropical beats, food markets and an old town square centred around an idyllic blue fountain and bordered by stunning buildings, including a church and library, set in yellow, pink and red hues. Lima's contemporary art museum, the MAC, is found in Barranco, as is the Museo Pedro de Osma, one of the city's most beautiful examples of 19th century architecture.

For some of the best traditional seafood in Lima, such as *conchas con parmesano* (clams with parmesan) and *ceviche* (a citrusy raw fish dish) discerning Limeños dine at La Canta Rana. With mosaic tile floors, paper table clothes, and football memorabilia adorning the walls, this rustic eatery is the perfect spot for a generous lunch or an afternoon of people-watching with a Cusquena beer and bowl of *choclo al comino* (a delectable Peruvian corn dish made with butter, cumin and lime).

Or, stop in at the iconic Bar Juanito, the hangout of poets, musicians and writers, and try a *pan con chicharron* (pork and sweet potato sandwich), a Peruvian lunchtime staple.









## MUST-DO

- **DINE** in a world-class restaurant. Lima is home to some of the world's best restaurants, including Central and Astrid & Gaston
- **RELAX** in one of the many romantic flower-filled parks that border the city's seaside cliffs before an afternoon of shopping at Larcomar
- **VISIT** the Larco Museum, which features pre-Columbian artifacts from Peruvian culture – including mummies and ancient erotic artworks
- Get lost in the streets of bohemian Barranco and explore its colourful art and atmospheric bars

And while it's true that Peruvian cuisine has always been best known for its humble, inexpensive ingredients and rustic style influenced by Spanish culinary traditions (*guy*, or guinea pig is one of the country's most famous dishes not to be missed. Eat it accompanied by *chica*, a vivid purple drink made from maize), a recent gastronomic revolution has seen some of the world's best restaurants pop up in Lima, making it a globally recognised foodie destination.

Central and Astrid & Gaston are just two that feature the seemingly endless variety of native ingredients sourced from the country's diverse agricultural landscapes, including produce from the mountainous ranges 4,200 metres above sea level.

North of Barranco, in Miraflores, is the city's trendy and upscale shopping district, with a series of handsomely manicured gardens lined with pathways and park benches, enormous cacti, flower beds and palm trees. Hundreds of people wander, bike ride or jog along the clifftop, soaking in the views of the distinctive coastline, spying on the surfers below and gaping at the parasailing above. You can walk as far as Parque del Amor (Love Park), where artfully decorated mosaics quote poetry to wandering couples, or detour down to La Rosa Nautica, a fine-dining restaurant on the pier, for a traditional Pisco Sour. This citrusy but sweet and dangerously delicious South American cocktail made with brown bitters and blended egg white is a Peruvian favourite.

From the seaside you'll look up to see Larcomar, an attractive shopping complex built into the side of the cliff. It has breathtaking ocean views from its many restaurants and features the fashion boutiques of Peruvian designers selling alpaca wool clothing.

While many see Lima as a city stopover on the way to the historical ruins of Machu Picchu, you don't have to leave the city to begin your exploration of Peru's historic sites. In Miraflores you can wander away from the seaside to visit the impressive Huaca Pucllana, a large adobe-brick pyramid built sometime between 300 and 700 AD.

By night, see something truly modern at Parque de la Reserva, which hosts a water fountain exhibit called Circuito Magico del Agua (The Magic Water Circuit). Having been compared to the Bellagio fountains in Las Vegas, the 13 water fountains put on a show that combines music, coloured lights, and laser effects. Prepare to get wet in interactive fountains such as the Tunnel of Surprises.

After hours, for those who love a Latino beat, indie musicians converge at La Noche de Barranco, a bar and cultural space with live shows, while a few blocks away, cozy El Dragón features funk, Latin jazz and electronic music, and also hosts exhibitions by up-and-coming artists.

In a city that blends new and old so effortlessly, it's a pleasure to get lost in Lima's maze of modern streets and hip bohemian hangouts. It's no wonder the Peruvian capital has become the new place to be. NH

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# Walk on the WILD SIDE

**From the rugged coastline of the Mornington Peninsula to the wild red-rock terrain of the Northern Territory, we discover 11 of the best Australian hiking trails.**

## OVERLAND TRACK, TAS

**LENGTH: 65 KM**
**ALLOW: 6 DAYS**
**DIFFICULTY: HARD**

The Overland Track is Australia's premier alpine walk. It's a 65-kilometre, six-day trek through the heart of the Cradle Mountain-Lake St Clair National Park, part of the magnificent Tasmanian Wilderness World Heritage Area. The stunning scenery and the physical challenge of the Overland Track have assured it a national and international reputation as one of the great wilderness bushwalks.

During the popular walking months, from 1st October to 31st May (inclusive), you must book your walk, pay a fee, and walk from north (Cradle Mountain) to south (Lake St Clair). During winter and early spring, from 1st June to 30th September, you do not need to book or pay, and can walk in either direction.

The walk starts at Ronny Creek in Cradle Valley, beside the renowned Cradle Mountain. Over the next six days, walkers journey through a landscape of spectacular glacially carved valleys, ancient rainforests, fragrant eucalypt forest, golden buttongrass moorlands and beautiful alpine meadows. Extra bonuses include a variety of side trips to breathtaking waterfalls and mountain summits, including Mt Ossa (1617 m) – Tasmania's highest peak. To top it off, the walk concludes at Australia's deepest lake – Lake St Clair. Most walkers finish their walk at Narcissus Hut at the head of Lake St Clair. Here they board a small privately run ferry that takes them to the Lake St Clair Visitor Centre at Cynthia Bay. Some walkers, however, choose to walk the length of the lake through the rainforest, which extends the walk a further 17.5 kilometres and requires another day. While six days is the average time taken to walk the track, you can create your own pace depending on how many rest days or side trips you wish to enjoy.

**Info:** ***parks.tas.gov.au***

## BONDI TO COOGEE COASTAL WALK, NSW

**LENGTH: 6 KM**
**ALLOW: 2–3 HOURS**
**DIFFICULTY: EASY**

Combining beautiful beaches, rockpools, parks and spectacular coastal views, the Bondi to Coogee Coastal Walk winds its way along six kilometres of picturesque coastal paths at the edge of Sydney's eastern suburbs. Starting by the iconic Bondi Icebergs, just above the Bondi Baths, the walk takes between one and two hours at a leisurely pace, offering plenty to see and do along the way. Make your way up a set of steep stairs near the start of the walk and marvel at Aboriginal rock carvings in Marks Park, one of the walk's highest points and a prime whale-watching spot during the migration season between May and November. Heading towards Tamarama you'll pass by Mackenzie's Point Beach, one of the smallest beaches in the state, which is only accessible at low tide. The beach is not suitable for swimming, but is a popular surfing spot and a great place to relax by the water. Follow the coastal trail towards Bronte Beach and once




there take the stairs near the rock pool to the clifftop boardwalk for postcard views of Tamarama, Bronte and Bondi to the north and Malabar Headland to the south. Recharge at one of Bronte's charming cafes, or find a shady spot for a rest.

Continuing on from Bronte, the walk passes by the beautiful historic Waverley Cemetery on top of sandstone cliffs and rock platforms. Follow the cliff path to reach Clovelly Beach, a popular swimming and snorkelling spot nestled in the narrow bay between Bronte and Gordon's Bay. The walk to reach Gordon's Bay features a very steep staircase that challenges but rewards with its clifftop views. Complete the scenic track from Clovelly to Coogee and unwind with a picnic at Coogee's shaded parklands or enjoy a BBQ using the public facilities. Cool down with a swim in Wylie's Baths, take a dip in Coogee Beach's protected bay or enjoy a drink at one of the many cafes and bars in the area. With easy transport links by bus from Tamarama, Bronte and Clovelly, walkers can join or complete the coastal trail from various points along the route between Bondi and Coogee.
**Info: *sydney.com***

## JENOLAN CAVES, OBERON, NSW

**LENGTH: 45 KM (or part thereof)**
**ALLOW: Up to 3 DAYS depending on track**
**DIFFICULTY: MEDIUM**

Head to sunny NSW and explore the world's oldest known open caves – dating back 340 million years. Once hidden and remote, since 1830 more than 400 caves have been discovered. If you have limited time, try exploring Jenolan's mysterious depths with Adventure Caving. Abseil, squeeze and climb through undeveloped caves, with only a head lamp to light your way. There are a range of adventure caving activities, suitable for novices to veterans. If you prefer exploring at your own pace, there is a multi-lingual digital audio tour of the Nettle Cave, which allows exploration on a self-guided basis. This tour is fantastic for those who don't like enclosed spaces!

For serious hikers, check out the famous Six Foot Track, which stretches 45 kilometres from Jenolan Caves to Katoomba. Start by walking up (or driving) to Carlotta Arch, which is close to carpark number 2. The full walk takes several days. There are well-established campsites along the way. You might consider contacting a reputable walking/camping company outside of Jenolan Caves, such as award-winning 'Life's An Adventure' or 'Blue Mountains Guides'.
***jenolancaves.org.au***

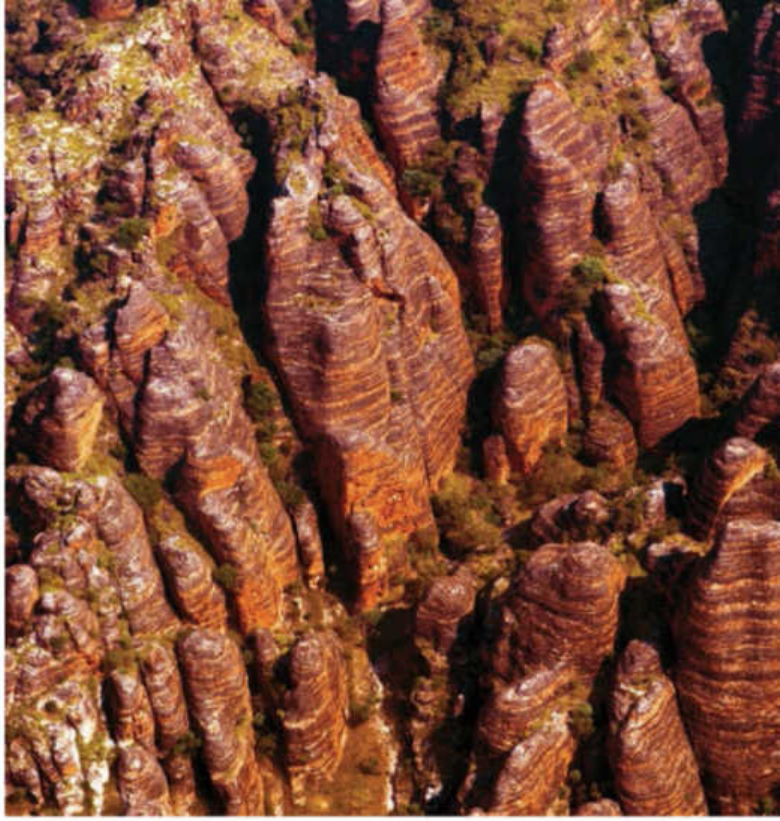
## COASTREK MORNINGTON, VIC

**LENGTH: 30 or 55 KM**
**ALLOW: 10–18 HOURS**
**DIFFICULTY: MEDIUM**

Explore the magic of the Mornington Peninsula – rugged coastline, spectacular bays, secret bush trails, historic sites, and complete an incredible personal challenge with your friends while restoring sight. Coastrek is a 30-to-55-kilometre team trekking challenge from Koonya Beach to Point Nepean, run by Wild Women On


Pink Lake


Scenic Rim



Top. Teams of four, with at least 50 per cent women, have between 10 and 18 hours to complete the challenge, getting fit while raising money to transform lives. The Sydney Coastrek has seen thousands of people complete the challenge, raising more than $9 million for The Fred Hollows Foundation to date. Now, for the first time, the event is coming to Victoria and hopes to raise a further $1 million. It's on November 20.
**To register visit:** ***melbourne.coastrek.com.au***

## PINK LAKES TRAIL, VIC

**LENGTH: 2.5 KM**
**ALLOW: 1.5 HOURS return**
**DIFFICULTY: EASY**

Begin at the Pink Lakes picnic area and discover why Victoria's second largest national park is so popular. In spring, four of the park's lakes – Becking, Crosbie, Roulton and Kenyon – turn a vivid pink. This effect is caused by the release of a red pigment called carotene by algae in the water. The brilliant colour is best viewed at dawn, in the late afternoon or under a cloudy sky.

The huge flatlands of Murray-Sunset National Park also provide refuge for some unusual plants and animals. It is home to Victoria's largest flower, the Murray lily and Australia's rarest bird, the black-eared miner. Wander through this untouched wilderness and find a diversity of habitats, including Murray River billabongs, wetlands, woodlands, semi-arid sand dunes and salt pans.
**Visit:** ***visitmelbourne.com***

## KINGS CANYON RIM WALK, NT

**LENGTH: 2.5 KM**
**ALLOW: 3.5 HOURS**
**DIFFICULTY: HARD**

Kings Canyon is one of Australia's natural treasures. On top of the canyon, the cliffs are more than 300 metres high, descending down to the Garden Of Eden and Kings Creek at the bottom. The canyon has enchanted for millions of years, with some parts of the gorge considered sacred Aboriginal sites.

There are two popular canyon hikes at Kings Canyon: the six-kilometre Kings Canyon Rim Walk and the 2.6-kilometre Kings Creek Walk tracing the bottom of the gorge. During the summer months you can also hike the South Wall Return.

The Rim Walk begins with a challenging 500-step climb. But it's worth every step. Upon reaching the summit, you will marvel at the breathtaking views of Watarrka National Park and into the canyon itself before descending into the green oasis of the Garden of Eden. At sunrise and sunset (the time most walks take place), the colours of the canyon are ever changing. The Rim Walk is a strenuous walk, meaning people who are in good health, lead an active life, play sports or walk on a regular basis will be more than able to complete the walk in around 3.5 hours.

Alternatively, you may wish to explore the canyon floor, an easier shady walk that follows a trail between the two sheer walls of the canyon.
**Visit:** ***travelnt.com***

## PINNACLES DESERT, WA

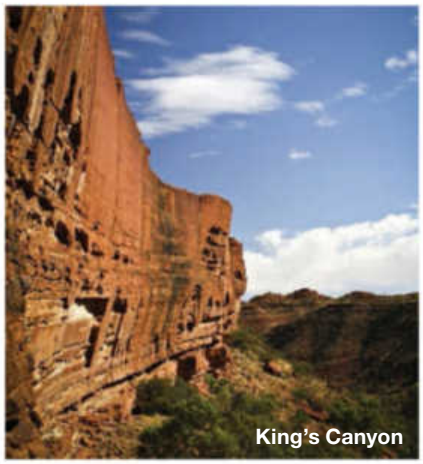
**LENGTH: 1.5 KM**
**ALLOW: 45 MINUTES**
**DIFFICULTY: EASY**

Discover the ancient desert sculptures of the Pinnacles, which sit in Nambung National Park, along an idyllic stretch of coastline north of Perth. It's a true desert landscape with the weathered limestone spires rising out of yellow sand dunes. They're scattered across the desert in their thousands, creating an eerie, alien-like landscape. Some are as high as three-and-a-half metres, and some finish in a jagged point while others have rounded domes, resembling tombstones. Made up of shells, the Pinnacles date back millions of years to an epoch when the sand was beneath the sea. The park sits on the deep-blue Indian Ocean, along an idyllic stretch of coast three hour's drive north of Perth. After experiencing the eerie Pinnacles, stay in the fishing village of Cervantes, with its white beaches, coral reefs and Lake Thetis, a salt lake teeming with living fossils. Get up close to a rich array of wildlife in Badgingarra National Park and discover Jurien Bay's national parks and idyllic sandy beaches. From Perth, you can hire a car and head north along the Indian Ocean Drive, which stretches all the way to Exmouth on Ningaloo Reef. It's around three hours' drive to Nambung National Park, which is also frequented by coach and 4WD tours from Perth.
**Info:** ***australia.com***


Echidna Chasm


The Pinnacles


Fortescue Falls


King's Canyon


Eyre Peninsula

## ECHIDNA CHASM, PURNULULU NATIONAL PARK, WA

**LENGTH: 2 KM**
**TIME: 1–2 HOURS**
**DIFFICULTY: EASY–MODERATE**

The Bungle Bungle Range, in Purnululu National Park, is one of the most striking geological landmarks in Western Australia, offering a remote wilderness experience.

Echidna Chasm is one of the highlights of the park. The walk begins at the Echidna Chasm car park, 19 kilometres north of the visitor centre. It is moderately difficult with a short, challenging climb near the end. The gorge is a spectacular long, narrow chasm. It has striking colour variations depending on the angle of the sun beaming into the chasm, with Livistona palms waving from the 200-metre-high ridges above. This area is understandably popular with photographers. The amazing conglomerate boulders strewn along the path provide a clue to the sedimentary origin of the Bungle Bungle Range. Be sure to check out the Osmand Lookout for magnificent views of the dry, wild and rugged Osmand Range. It is enjoyable at any time of day but spectacular in the early morning or late afternoon light.

**INFO:** ***parks.dpaw.wa.gov.au***

## FORTESCUE FALLS, WA

**LENGTH: 800 METRES**
**TIME: 1 HOUR**
**DIFFICULTY: MEDIUM**

Located in Karijini National Park, Fortescue Falls cascades about 20 metres over rock terraces into a pool that is a perfect spot for a refreshing swim. It's one of the best known and most popular of several spring-fed permanent waterfalls of the park. Follow the trail from the car park to reach the trail down to the waterfall. You will notice the vegetation change as you go deeper into the gorge, becoming more green and lush. The rocks, too, change colour, becoming richer red and purple as you go deeper. Once you negotiate the steps and narrow trail, you can have a refreshing swim in the falls, or take an optional 300-metre detour to Fern Pool.

**Info:** ***studyperth.com.au***

## FREYCINET TRAIL, EYRE PENINSULA, SA

**LENGTH: 12 KM**
**TIME: 8 HOURS**
**DIFFICULTY: MEDIUM**

The magnificent Eyre Peninsula in South Australia is home to some of the country's most spectacular sights and offers a number of stunning coastal treks. Our favourite is the Freycinet Trail, which extends 12 kilometres along the coastline of Fitzgerald Bay in the Upper Spencer Gulf. Beginning at the northern end of Fitzgerald Bay, it follows the coastline to the southern tip of the bay at Point Lowly. The well-defined trail meanders between the holiday homes and shacks up to the lookout with openings in the coastal vegetation revealing water views and panoramic vistas.

Nearby you'll also find Murphy's Haystacks – ancient, wind-worn pillars and boulders of pink granite estimated to be over 1,500 million years old. Set in the middle of a wheat field and surrounded by mallee scrub, they are one of the most popular and photographed attractions on the Eyre Peninsula. Visitors to the Haystacks are invited to explore and discover these majestic rocks with a walking track, interpretive signage and sheltered picnic facilities. Murphy's Haystacks are located on the Cash family farm, 39 kilometres south of Streaky Bay. Point Labatt Conservation Park is also a must-see. The protected area, on the west coast of the Eyre Peninsula, is home to the only permanent colony of Australian sea lions on mainland Australia. Point Labatt can be enjoyed as a half-day trip from Streaky Bay, a quaint seaside town just 50 kilometres away.

**Info:** ***saforeveryone.com.au***

## SCENIC RIM TRAIL, QLD

**LENGTH: 36 KM**
**TIME: 4 DAYS**
**DIFFICULTY: DIFFICULT**

Perhaps one of the most underrated tourism destinations in the country, the Scenic Rim is home to six national parks, World Heritage-listed rainforest, three dams and some seriously breathtaking scenery, and is located just one hour from Brisbane and the Gold Coast. The Mt Joyce Recreation Park features more than 40 kilometres of multi-use trails, ideal for walks and trail runners. This is in addition to the many walks that exist throughout the region's six national parks. The new Scenic Rim Trail by Spicers Retreats is a four-day walk from Mt Mitchell to Spicers Peak Lodge. The 36 kilometre walking package features luxury glamping and meals each night.

**Info:** ***visitscenicrim.com.au*** NH





# Green GARDENER

**Whether you're a green thumb or garden novice, there are countless reasons why organic is the way to go. RENEE ALFORD explores the basic elements of organic gardening and shows that it's easier than you may think to start your own pure patch.**

Gardens are beneficial for your health, happiness and the environment. They provide a space for you to relax, unwind and re-connect with nature, as well as a habitat and shelter for local wildlife. Your health and wellbeing can benefit from the light physical exercise you receive from tending to your garden and the increase in fresh, clean air that the plants provide, not to mention all the vitamins and minerals you'll get from the delicious organic fruits and vegies you grow.

## WHY ORGANIC?

The term organic means there have been no artificial chemical fertilisers, pesticides, growth hormones or other genetically engineered substances used in the gardening and growing process. By boycotting chemicals in your garden you are effectively lowering your carbon footprint, and by working in balance with the natural environment you are supporting local birds and wildlife.

If you want to grow your own produce at home, there's evidence that organically grown produce is richer in nutrients than conventional produce. It also tastes better because when chemicals are used in the growing process, the crops tend to draw more water out of the soil, diluting the taste.

By following the basic principles of organic gardening, you will find your garden needs less maintenance as you are working with nature, and that will do most of the work for you.

there are a few basic principles of an organic garden you will need to know before you get started:

## Crop rotation

If you are planning on growing some tasty organic vegetables, crop rotation works to reduce insect numbers and diseases in the crop as well as retaining the amount of nutrients in the soil – if the same crop is grown in the same patch of soil each year, it will deplete the amount of nutrients in your soil. Ideally, crops that come from the same family, which place the same level of demand on soil or those that carry the same pests and diseases, shouldn't be planted in the same soil patch in successive years.
A good process to follow is putting vegetables into four groups:

**GROUP 1** Potatoes, parsnips, carrots and beetroot.

**GROUP 2** Cabbages, sprouts and broccoli.

**GROUP 3** Peas and beans.

**GROUP 4** Everything else, this can include salad vegetables.

If you rotate these vegetables between the patches of soil each year, it gives the soil three years to recover and regenerate from the effects of each crop. This results in healthier soil and eliminates the need for artificial fertilisers.

## Companion planting

Pests can be a nightmare for you and your garden. It may seem that spraying pesticides is an easy solution but they can create a new list of problems. You can avoid using pesticides by companion planting – this is planting species together that work in unison to naturally deter pests.

**SOME GOOD COMPANIONS FOR YOUR GARDEN INCLUDE:**

**Tomatoes with basil** – repels flies and mosquitoes.

**Garlic with roses or raspberry** – keeps aphids away and repels cabbage butterfly.

**Mint with cabbages and tomatoes** – deters cabbage moth, ants and fleas.

**Nasturtium with apples** – the nasturtium will climb the tree and repel codling moth.

**Chamomile with cabbage and onion** – deters flies and mosquitoes.

Some other natural insect repellents for your garden that can act alone include: pyrethrum, thyme, marigold and geranium.

## Barriers and traps

A great way to look at organic gardening is that prevention is better than cure. It's best to prevent pests and weeds in your garden rather than having to deal with them using chemicals once they do become a problem. Physical barriers are a good solution as they are environmentally friendly and often very cheap.

To stop pesky weeds rearing their head in your garden, a simple prevention is to lay mulch. Putting bark or gravel around your plants is a good barrier, and if the weeds do manage to surface, they are easier to spot and pull out.

Slugs and snails are a common problem for most gardeners. To keep them away from young vulnerable plants, cut the bottoms off old plastic bottles and use them as individual cloches. By doing this you are recycling the plastic bottles and saving on chemicals sprayed into the environment.

It may sound like an old wives' tale, but a beer trap is a safe and effective way to get rid of snails. Bury a glass jar or shallow dish so that the top is level with the ground and then fill it with beer; the snails will drop right in as they try to get a taste for the beer.

To prevent flying insects and birds getting to young seedlings, you can cover the seedlings with a fine mesh insect net. Fine water droplets can still get through the mesh, which is an added bonus, but look out for weeds and slugs as the mesh won't protect against these.

A simple way to keep insects and pests away from your garden is to physically remove the pests yourself. Be aware of your garden and if you notice any insect problems, you can often get rid of them simply by removing and destroying individual leaves or branches. It's free and isn't harmful to your garden or the environment.

By following these basic steps and making your garden as organic as you can, you will find that working with nature instead of against it is an effective way to garden. Your garden will be a healthier outdoor space that will require less maintenance and will reward you with healthy plants, delicious-tasting produce and an array of wildlife.

## FEED THE SOIL

One of the most important components of any thriving garden is good, healthy soil. When it comes to a successful organic garden, you need to focus on feeding the soil, not the plants. This means instead of feeding plants with artificial fertilisers, you need to feed your soil with good-quality compost. Healthy soil will result in healthy plants, which will naturally be more resistant to disease.

## COMPOST

Composting is a natural process that occurs when healthy bugs and bacteria decompose organic matter. Making your own compost at home is easy and very environmentally friendly as it saves on waste in your kitchen and chemicals in your garden. To get started, a good option to keep pests away from your compost and protect it from the elements is a compost container.

Next you need to decide on the healthy balance of ingredients you will make your compost from. You will need tough, slow-rotting material for the body of the mix – this can be garden clippings, egg shells, straw, cardboard and dead leaves. Softer materials like food scraps, coffee grounds and dead flowers add to the nutrition of the compost, and activator ingredients including grass cuttings and weeds will help the process along. To make sure your compost bin remains healthy, you need the right amount of air flowing through, so put a layer of twigs and cardboard on the bottom. To avoid unhealthy bacteria and pests in your compost, avoid meat, fish, cooked food, newspapers, glossy magazines and cat and dog waste. These ingredients will leave you with an unhealthy mix in your compost bin. There is no exact science to tell when compost is ready, but there shouldn't be any recognisable matter in the mix. The process can take anywhere from two months to one year, but some of the compost may be ready to use well before that.

## GO NATIVE

Growing plants native to the region that you live in will make your organic garden cheaper and easier to manage, and will benefit the environment and local wildlife. Native plant varieties will establish quicker than imported plants and are more suited to soil conditions, eliminating the need for artificial fertilisers. One of the major benefits of having a native garden is that it will require very little water, and the plants are likely to last longer as they are less vulnerable to the dry Australian climate. You will also find you are saving money on your water bill and the plants won't require as much attention and maintenance. Native plant varieties will support local wildlife, and if you plant layers including tall trees, shrubs and ground covers, you are providing food and shelter for native creatures, similar to their natural habitat. By not using harmful chemicals you will also encourage native animals to visit your garden. NH

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# Life in the old mill

**To celebrate the release of his new book, *People Before Profit*, we catch up with Bob's Red Mill founder Bob Moore to talk all things health, wholefoods and old-fashioned favourites.**

### Tell us a little about Bob's Red Mill and how it started?

I was inspired to start Bob's Red Mill by two very important influences. The first was my wife, Charlee, who had committed to feeding our family of five – including three young sons – healthy, wholegrain foods. I stumbled upon the second at a library in the 1960s – a book called *John Goffe's Mill* by George Woodbury. The book is about the restoration of an old mill. I became intrigued with the concept of acquiring, restoring and producing my own healthy wholegrain flours and cereals on cool, slow-turning stone-grinding mills, just like George Woodbury did.

From there, starting Bob's Red Mill really was a serendipitous blend of timing and passion. Back in 1978, Charlee and I had just retired to Oregon, where on a walk one day we came across an abandoned mill for sale. Within months of purchasing it and restoring it, we started producing stone-ground flours and cereals for local customers. Bob's Red Mill's mission was, and remains today, to make simple, wholesome wholegrain foods for every meal of the day.

### How important is it to you to keep the old mills alive?

It serves as the foundation of our company and is of utmost importance. By stone milling our products, as was done for centuries before high-speed roller mills were introduced, we're able to provide our consumers around the world with delicious flours and meals, produced in the old-world way.

### What are the benefits of stone-ground milling?

We use old-fashioned quartz millstones that grind grains slowly and maintain cool temperatures. This process preserves the nutrients and the flavour of the whole grains, and perfectly blends the germ, the bran and the endosperm.

### What gets lost in today's modern milling practices?

The use of modern, high-speed roller mills reduces the grain's flavour and overall nutritional value, since heat is often used in this process. Modern milling also often destroys key nutrients and strips away the most valuable parts of the grain – the bran and the germ. We have a saying here: "100 pounds of whole grains in (to the mill), 100 pounds of whole grain flour (or cereal, grits, etc.) out."

### Has your approach to health and wellness changed since starting the business?

No. Back in the 1950s and '60s, while we were raising our three boys, Charlee instilled healthy eating habits for the entire family. She, and eventually I, read several books about the benefits of unprocessed, whole foods, such as J. I. Rodale's *The Health Builder*, the founder of *Prevention* magazine. From those types of books, which were rare back then, Charlee gleaned inspiration for many healthy, made-from-scratch meals that nourished our family. We actually use a lot of these recipes at our Bob's Red Mill Whole Grains Store Restaurant & Bakery today.

### Favourite thing to cook?

That's easy – oatmeal! I start my day every day with a bowl of wholegrain oats.

### What's the key to cooking with gluten-free flours?

It's simple, but really just following the directions on the package is the best way to achieve optimal results. Gluten-free baking can definitely be intimidating – there is a difference! But it's our goal to take the mystery out of gluten-free baking. Also, our website, *bobsredmill.com*, offers hundreds of unique tried-and-true gluten-free recipes along with tips, tricks and video tutorials to help make it easy for the gluten-free baker at home.

### What health and nutrition trends do you think we'll see in the coming months?

Interestingly enough, we've seen a bit of a baking renaissance. Over the past several years, there has been a downturn in baking due to various trends, but recently people have been coming back to baking in a big way. We're seeing a huge demand for our baking products – both conventional non-gluten free and of course, gluten free – and we've seen a particular interest in healthier wholegrain baking flours. Outside of baking, we're also seeing an interest in protein-rich foods, and we've got some exciting new products coming down the pipeline in early 2016 in the functional nutrition realm.



### Any new or exciting products in the pipeline for Bob's Red Mill?

Most recently, we reformulated our gluten-free baking mixes and added a gluten-free muffin mix to the line. These new, easy-to-use, gluten-free application-specific baking mixes are very simple and produce excellent results for the new gluten-free baker at home.

### What brings you to Australia?

I'm here to support our business and to meet people. We'll be exhibiting in Melbourne at the Gluten Free Expo, the 10th and 11th of October, at the Melbourne Exhibition Centre. I'll be signing and giving away copies of *People Before Profit*.

Info: *bioliving.com.au* NH



# GLUTEN-FREE PEANUT BUTTER BROWNIES

**MAKES 16 SERVES**

**INGREDIENTS**

**Brownie**

- 600 g packet Bob's Red Mill Gluten Free Brownie Mix
- ¾ cup butter, melted
- 1 egg
- ¾ cup warm water

**Peanut butter swirl**

- ¾ cup creamy peanut butter
- ½ cup coconut sugar
- ¼ cup butter, melted
- ½ tsp vanilla extract
- ¼ tsp salt (if using unsalted peanut butter)
- ¼ cup salted roasted peanuts, chopped

**METHOD**

Preheat oven to 180°C. Spray a baking pan with cooking spray and set aside.

Place Gluten Free Brownie Mix in a large bowl. Add butter, egg, and water and beat with an electric mixer on medium speed until just combined.

Spread batter in prepared pan and set aside.

In a separate bowl, combine peanut butter, coconut sugar, melted butter, vanilla, and salt (if needed) and mix well. Add chopped peanuts and mix thoroughly to combine.

Place large dollops of peanut butter mixture across the top of the brownie mixture. Run a butter knife through the peanut butter and brownie mixtures, turning and swirling to incorporate the mixtures and produce a decorative swirl pattern.

Bake for 25 minutes, or until a toothpick inserted in the centre comes out clean, about 25 minutes. Allow to cool.

**Organic Times** Unsalted and Salted Butter is made from quality fresh organic cream, produced from cows able to graze on organic pasture all year round. Specially crafted using a double churn process, this butter has been developed to soften quickly and more evenly, offering a superior flavour that is ideal for cooking, baking and spreading. Stockists include independent supermarkets and organic retailers. **RRP $6.95 (250g),** *organictimes.com.au*




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We can't get enough of these delicious, dairy-free vegan 'nice' creams by coconut artisans **Cocofrio**. With 10 tantalising flavours, including our fave, Vanilla Sticky Dates & Pecan, there is a flavour to suit all tastebuds. These coconut milk ice creams are also gluten free, fructose friendly, certified organic and proudly Australian made and owned. Available Australia-wide from independent retail stores, health food stores, organic shops and delicatessens. **RRP $13.95,** *cocofrio.com.au.*







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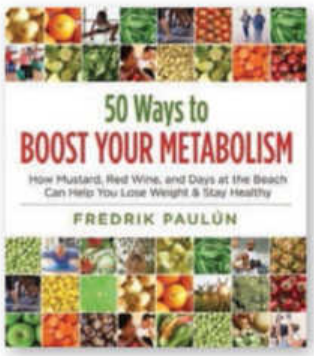
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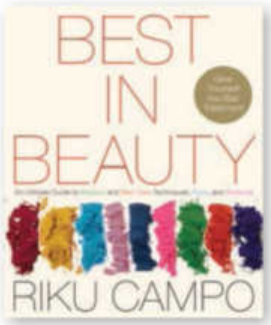


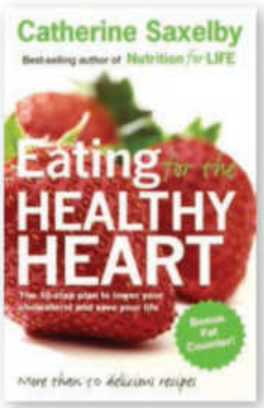

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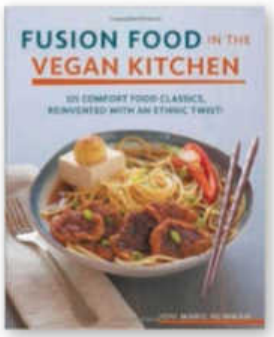
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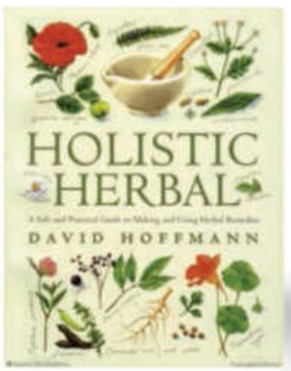
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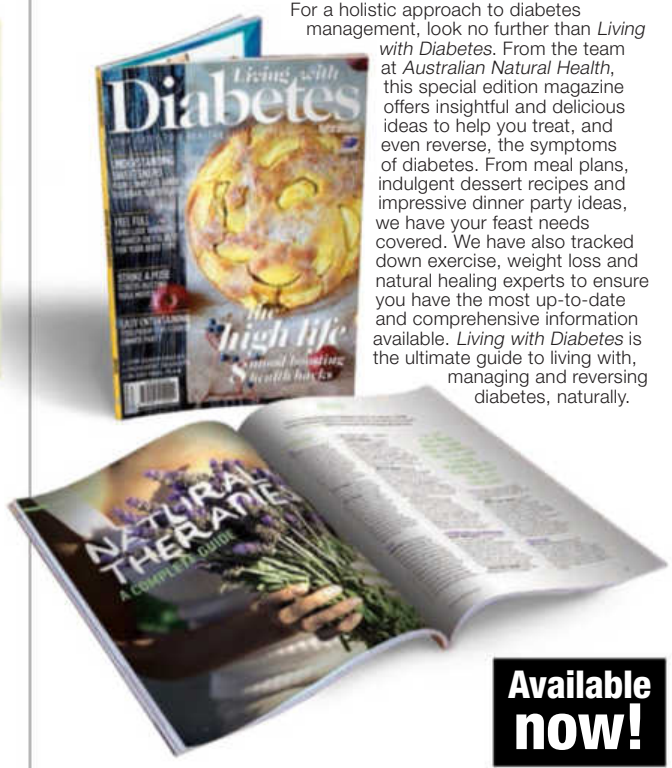

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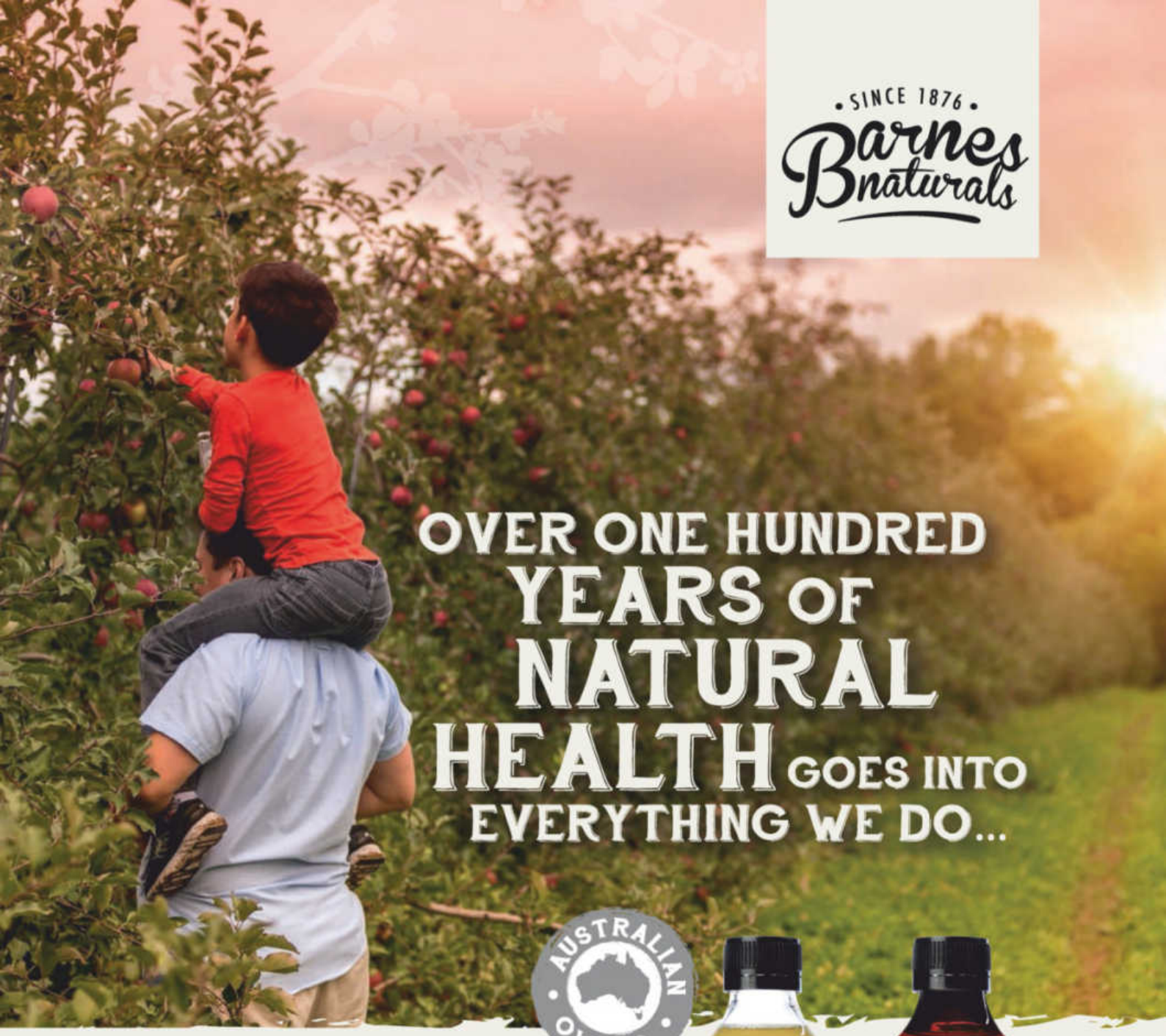
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